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METRO MAGIC
HOLIDAY TOY DRIVE
TAKE PART TODAY {page 06}

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The freeze is on at Occupy camp

Protesters say cops aren't allowing winterization materials to be brought into Dewey Square encampment Police argue issue is a matter of public safety {page 02}

NICOLAUS CZARNECKI

Occupy. Celebrity

▶ Legendary hip-hop mogul Russell Simmons met with Occupy Boston protesters yesterday and announced his support for proposed legislation to remove corporate influence from the presidential and congressional elections. {page 02}

News

Protesters get booted worldwide

Did US mayors conspire to crack down on movement?
Swiss, Canadian police also making their moves {page 08}

'Actually, can you chip in?'

If you're losing all your money by offering to pay for dates, you will want to read this {page 17}

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Police put freeze on winter protections

- Occupiers say officers won't let them bring in winterized tents
- Video shows Boston cop saying he has orders to keep out equipment

NICOLAUS CZARNECKI/METRO

▶ These tents in Dewey Square may be water tight, but will they keep out the cold?

Taking it to court

Civil rights attorneys from the National Lawyers Guild and the American Civil Liberties Union headed to court yesterday to protect demonstrators at Occupy Boston.

The groups filed a suit in Superior Court to seek a declaration recognizing the right to protest and assemble under the U.S. Constitution and the Massachusetts Declaration of Rights. They also filed an injunction to prevent police from staging another nighttime raid to kick campers out.

STEVE ANNEAR
steve.annear@metro.us

While mayors in other cities have ordered protesters forcibly removed from encampments, Occupy Boston's members claim police are waiting for the cold weather to drive them out by not allowing winterized equipment at Dewey Square.

"They are trying to cause people to freeze," said K. Eric Martin, a member of the camp's logistics team. "That's what they want. They are trying to flush us out."

Martin addressed protesters yesterday after watching a video of a Boston police officer on YouTube admitting he had orders from his "bosses" to keep winter gear out of Tent City.

"We are afraid you have contraband we don't want in the camp," the officer says in the video. "Items ... winter tents and any type of insulation materials."

Martin said police aren't acting in the interest of public safety and are trying to impede the movement by not letting them prepare for winter.

"[We] made a safety decision ... We would not allow building materials and significant structures because of safety concerns and Inspectional Service Department-type related issues."
ELAINE DRISCOLL, SPOKESPERSON FOR THE BPD

"They are waiting for us to be snowed out," said Martin. "We want to keep people warm and dry ... and they are getting in the way of that."

Robin Jacks, an Occupy Boston member, said during a meeting Monday night that the group tried to bring in a "safe tent" for women, but police stopped them from setting it up.

Jacks said the tent was a winterized "Antarctic," one that would shield the group from the cold weather approaching.

After being repeatedly asked what law prohibits campers from putting up winter tents, BPD spokesperson Elaine Driscoll said, "They are not allowed to have building materials because of the obvious safety concerns that such materials pose without the proper safety construction oversight."

That news didn't faze Occupy librarian John Ford.

"We are not going anywhere," he said. "They better get used to this."

In the news

18,882

The number of turkeys the Greater Boston Food Bank has collected to date for their annual holiday "Fall 2011 Turkey Drive." The food bank's goal is to reach 40,000 by Thanksgiving. Donations can be made on the group's website to help a family struggling this holiday season.
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TAYLOR LAUTNER ON HIS TOUGHEST SCENE

Hip-hop star makes visit to Occupy camp

Russell Simmons, of Def Jam fame, was so impressed by Occupy Boston's encampment and enthusiasm he agreed to a massive group hug with protesters.

"It's slick [here]," said the hip-hop mogul yesterday. "My team back in New York would be inspired."

NICOLAUS CZARNECKI/METRO

READ THE FULL REPORT: WWW.METRO.US/BOS

Simmons took a tour of the camp, briefly donning a Red Sox hat, agreeing to make donations to help winterize the site.

He even meditated with campers.

High-fives and hugs aside, Simmons' purpose for visiting was to deliver a proposed constitutional amendment that would take corporate money out of politics. STEVE ANNEAR

ACNE
Eczema Psoriasis Rosacea Rashes

By Dr. C. Hammoud Ph.D.

■ **I had terrible Acne** for 3 years and tried products with Benzoyl Peroxide, Aloe Vera and others. After 4 days taking the Bell natural product #60 it started to clear up my skin. My skin changed from terrible to beautiful. *Mylene Theriault, 19, Sorel-Tracy, QC* ■ **In 2 days** my son's face completely cleared up of acne. My son is 15 and suffered for 3 years. We used many products like laser, Neem that did not work or burned his skin. *Veronica Marden, Seminole, TX* ■ **Unbelievable acne free beautiful skin** Last couple of years I had acne and tried every product and antibiotics. Results with #60 were unbelievable. Thanks for giving me beautiful skin and my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **Within 6 days eczema cleared** up completely. I believe #60 addresses the cause internally instead of the symptoms. *Latifa Boutshik, 43, North York, ON* ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **All statements** made on the Bell website are sent by delighted users. All are real people. Most have listed phone numbers and can be called for advice. No money is paid to them. Their reward is the relief they are getting. All say #60 works within days not months, not years. It's more effective than what they used before. It is less expensive (some acne suppliers ship monthly and charge monthly, which may amount to large sums yearly). No side effects were reported on #60. **Hundreds more people on the Bell website.**

#60

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■ **No more wetting accidents.** Within a week I was in complete control. No side effects like with drugs I took. *Deborah Haight, 49, Collingwood, ON* ■ **Incredible results.** It's hard to believe a non-drug item is producing such quick relief. I suffered for 20 years with frequency and embarrassments. I now sleep through the night. *Linda Kleber, 62, Milford, NJ* ■ **First surgery didn't work.** After drinking tea for 12 days, Glory to God, I had relief. Cancelled dreaded second surgery. I'm eternally grateful. *Gail F. Moore, 68, Round Pond, ME* ■ **I had this embarrassing overactive bladder problem** for 30 years. Had countless tests and endless prescribed pills. My numerous urinary infections are gone. I'm glad I didn't have surgery. *Ellen Bower, Kanata, ON* ■ **After trying every medication** in the last 5 years, tea gave complete relief in 6 days. Thank you for this great product, and above all, for truth in advertising. *Marina Rosa, 57, Las Vegas, NV* **Proof that it really works.**

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‘Hopeful’ string of robberies is over

Police examining possible link of multiple unarmed robberies after the arrest of two men Sunday night

Police in Cambridge arrested two young men this week and are investigating whether they are responsible for a string of robberies that have occurred recently in the city.

Ralph Corgain, 18, of Roslindale and a juvenile male from Dorchester were charged with unarmed robbery after the latest incident Sunday night on Main Street.

A woman was walking about 11:45 p.m. when she was approached from behind by the men, thrown to the ground and robbed of her cell phone and purse, police said.

Cambridge and MIT police stopped the men shortly after the incident because they matched the description given by the woman and she identified them.

“Investigators are reviewing this incident closely to determine if there is a link to several unarmed street robberies.”
AMES

There have been about a half-dozen unarmed street robberies throughout the city over the past few weeks.

“Investigators are reviewing this incident closely to determine if there is a link to several unarmed street robberies where victims have been approached from behind, pushed to the ground and robbed of their belongings,” said Cambridge Police Deputy Superintendent Paul Ames. “We are hopeful these arrests will bring an end to this string of crimes.”

Separate and unrelated from the unarmed robberies, Cambridge Police are continuing to investigate a rash of armed street robberies.

Six people were victims of robberies in a 28-hour period late last month.

MICHAEL NAUGHTON
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STOCKBYTE

Gambling bill gets OK

Massachusetts is poised to have three resort casinos and a slots parlor with the passage of an expanded gambling bill through the State House yesterday.

Both the House and Senate passed the bill worked out by the conference committee, which managed the differences between the two versions of the bill.

House members voted 118 to 33 and the Senate approved the bill 23-14.

One more round of voting is required before the bill will be sent to Gov. Deval Patrick’s desk for his signature.

Patrick has indicated in the past that he would approve the compromised legislation.

The compromised bill allows free drinks to be served at the casinos, but not at other bars around the state.

It also bans elected politicians from working for the casinos within a year of leaving their government post. **SHNS/METRO**

Abduction suspect comes forward

BOSTON. Police said they have identified a man captured in surveillance video in an alleged attempted abduction in Downtown Crossing last weekend.

The man made himself known to police Monday.

His image was captured on video tape that was released by police investigating a report that three teenage boys were followed by a man pretending to be a police officer Saturday.

Police are still investigating, but no charges have been filed.

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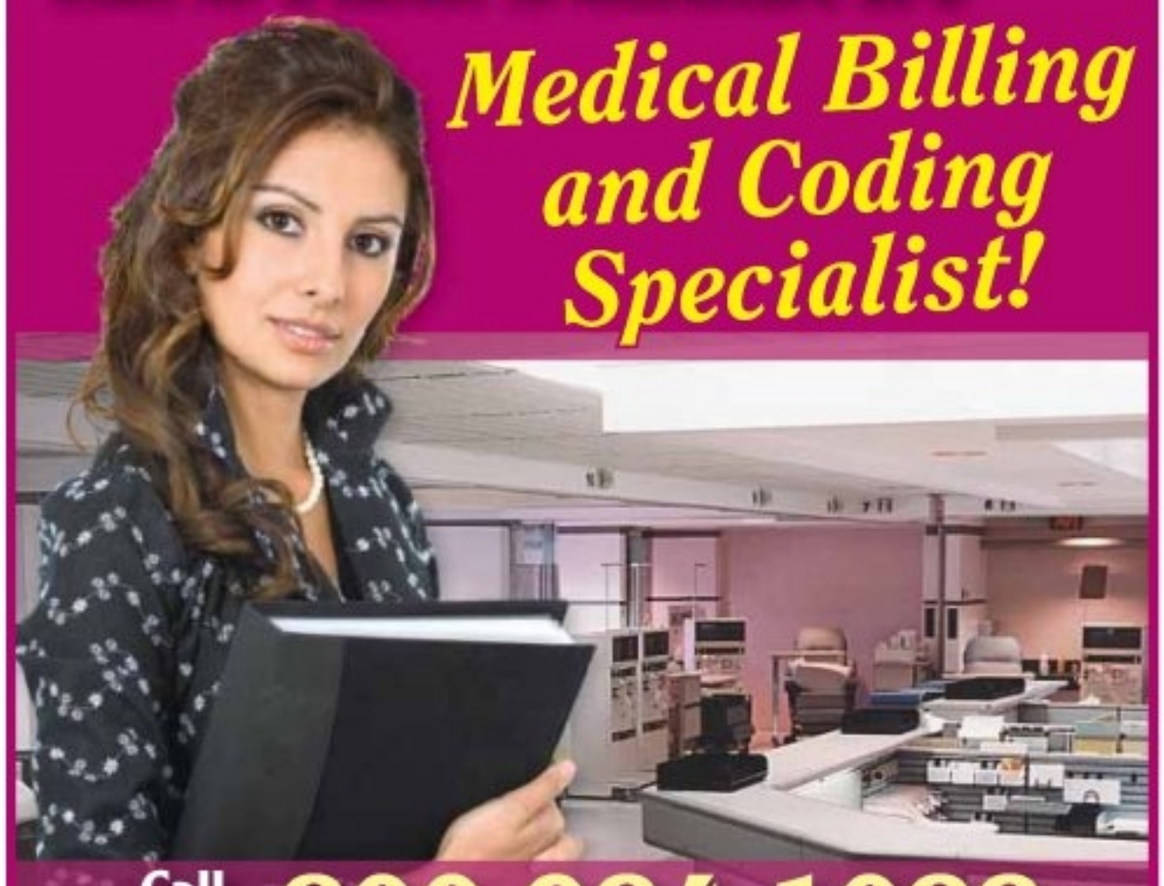

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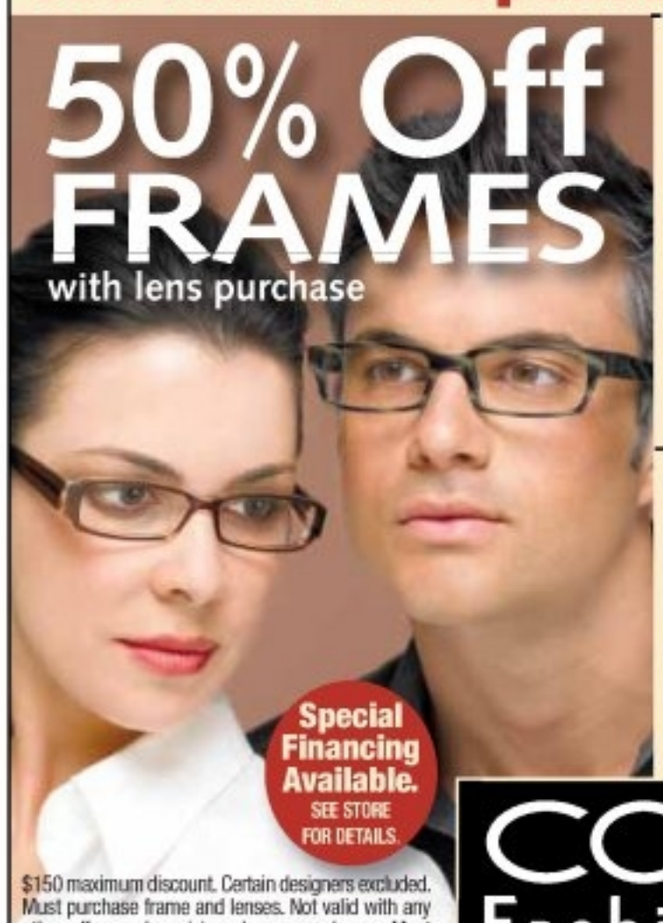

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NICOLAUS CZARNECKI/METRO

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▶ The toys have begun filling up our office!

1: Log on to www.metro.us and look for this Metro Magic logo:

2: One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested with more added daily. Simply select the toys you want and purchase them. That's it!

▶ Selecting only the toys on our wish list ensures that all the gifts will be shipped to our offices and picked up by Toys for Tots or sent to The Home for Little Wanderers.

▶ If you donate, e-mail us at **charity@metro.us** and we'll print a "thank you" in the paper! ● METRO

Activist decries lack of response to concerns

- Black community leader sought answers about fatal police shooting
- BPD, Councilor canceled meeting

Standing outside the main entrance of Boston Police Department headquarters in Roxbury yesterday, Sadiki Kambon was upset.

He had expected since the weekend to meet with Commissioner Ed Davis and City Councilor Tito Jackson to talk about his concerns with police excessive force and a fatal police shooting earlier this year.

Instead, he said he received a call from Jackson's office just before yesterday's scheduled meeting that it had been canceled.

Kambon, the director of the Black Community Information Center in Roxbury, said he felt "disrespected."

"We just want you to explain some basic things that everyone out here has questions about," Kambon said.

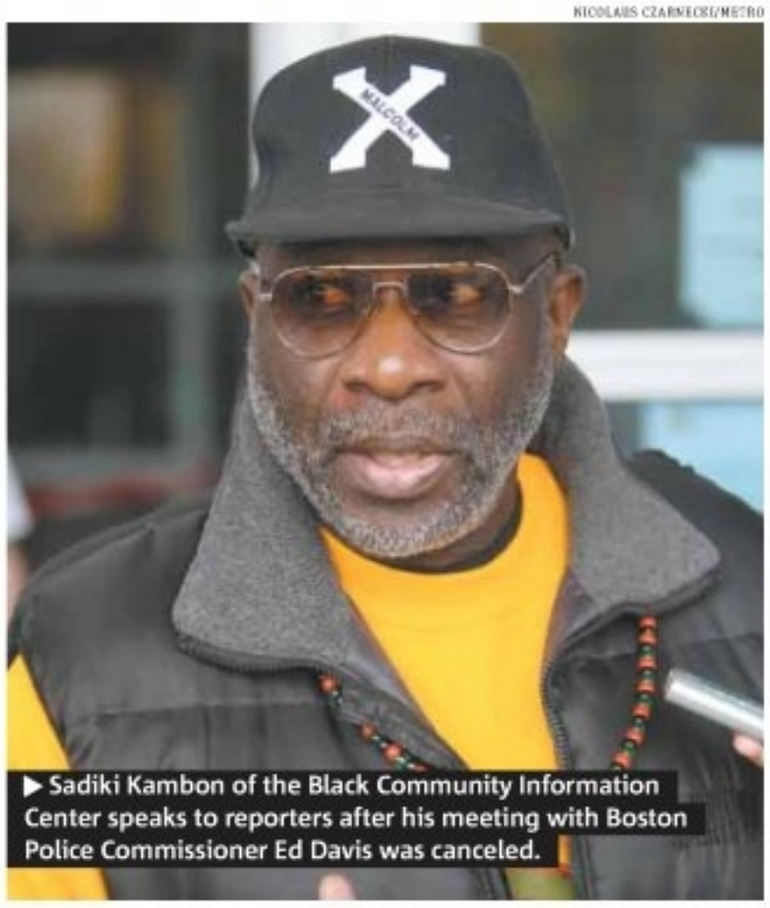
The incident occurred in September when Mark McMullen, 44, allegedly fled from police in Boston. The chase ended in Rockland with McMullen fatally shot.

A police spokeswoman said it would be inappropriate for Davis to discuss an ongoing investigation.

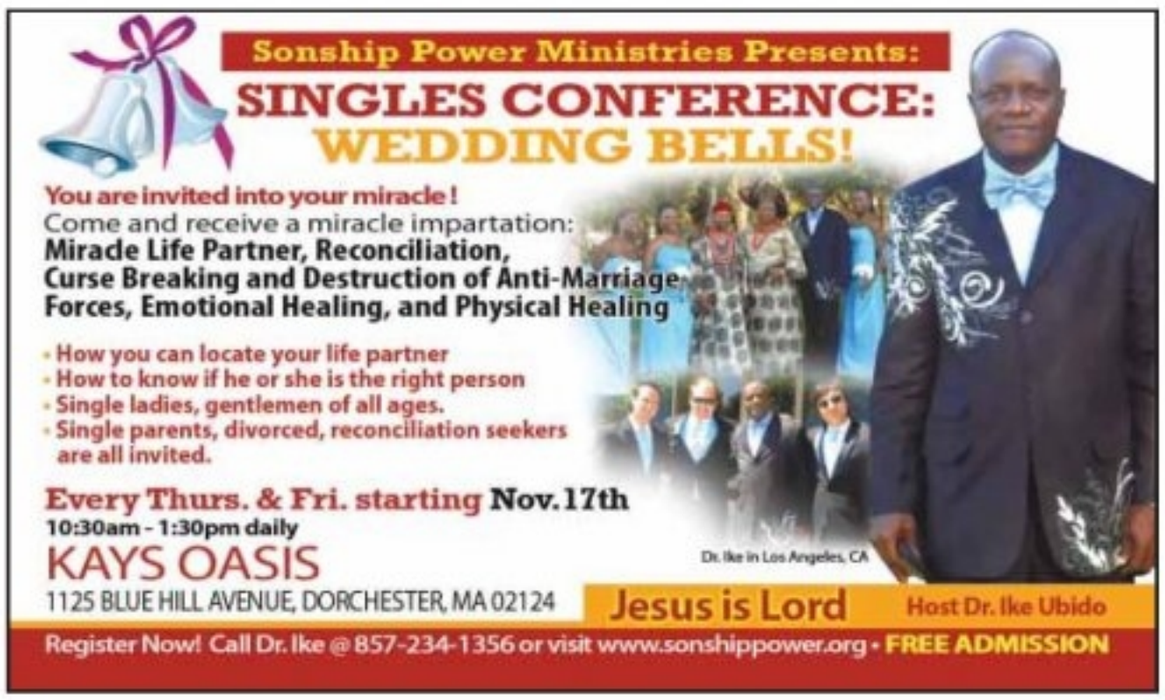
A call placed to Jackson was not returned by press time.

MICHAEL NAUGHTON
michael.naughton@metro.us

NICOLAUS CZARNECKI/METRO



▶ Sadiki Kambon of the Black Community Information Center speaks to reporters after his meeting with Boston Police Commissioner Ed Davis was canceled.



▶ "Precocious Child With Duck" is by Lori Vetter Caradonna.

Metro photo of the day

IN ASSOCIATION WITH Hunt's

Congratulations to Lori Vetter Caradonna from the U.S., winner of Monday's Photo of the Day theme of "today's news." Today's theme is "seasons." To enter your photos on today's theme, visit www.metrophotochallenge.com.

Giffords ready to get to work

PHOENIX. In a spoken message to her Southern Arizona constituents, U.S. Representative Gabrielle Giffords said she is "getting stronger" and wants to "get back to work" representing them in the U.S. Congress.

"I'm getting stronger. I'm getting better," Giffords said in a recorded message released on Facebook yesterday. "I want to get back to work. Representing Arizona is my honor." **REUTERS**

Penn State should just tell the whole truth, lawyer says

The lawyer who took on the Roman Catholic Church in Boston in a sex-abuse case has some advice for Penn State University: embrace the victims and tell the whole truth, promptly.

Most legal experts agree that Penn State is likely to face civil lawsuits from alleged victims in the child sex abuse scandal that ousted the university's president and legendary football coach Joe Paterno. The size of Penn State's legal headaches and the damage to its reputation will depend on how the university reacts, according to lawyer Roderick MacLeish.

The university first should disclose any facts relevant to the case, he said.

"It's much better if the facts come from the source," MacLeish attested. "They're going to come out. It will give them credibility."

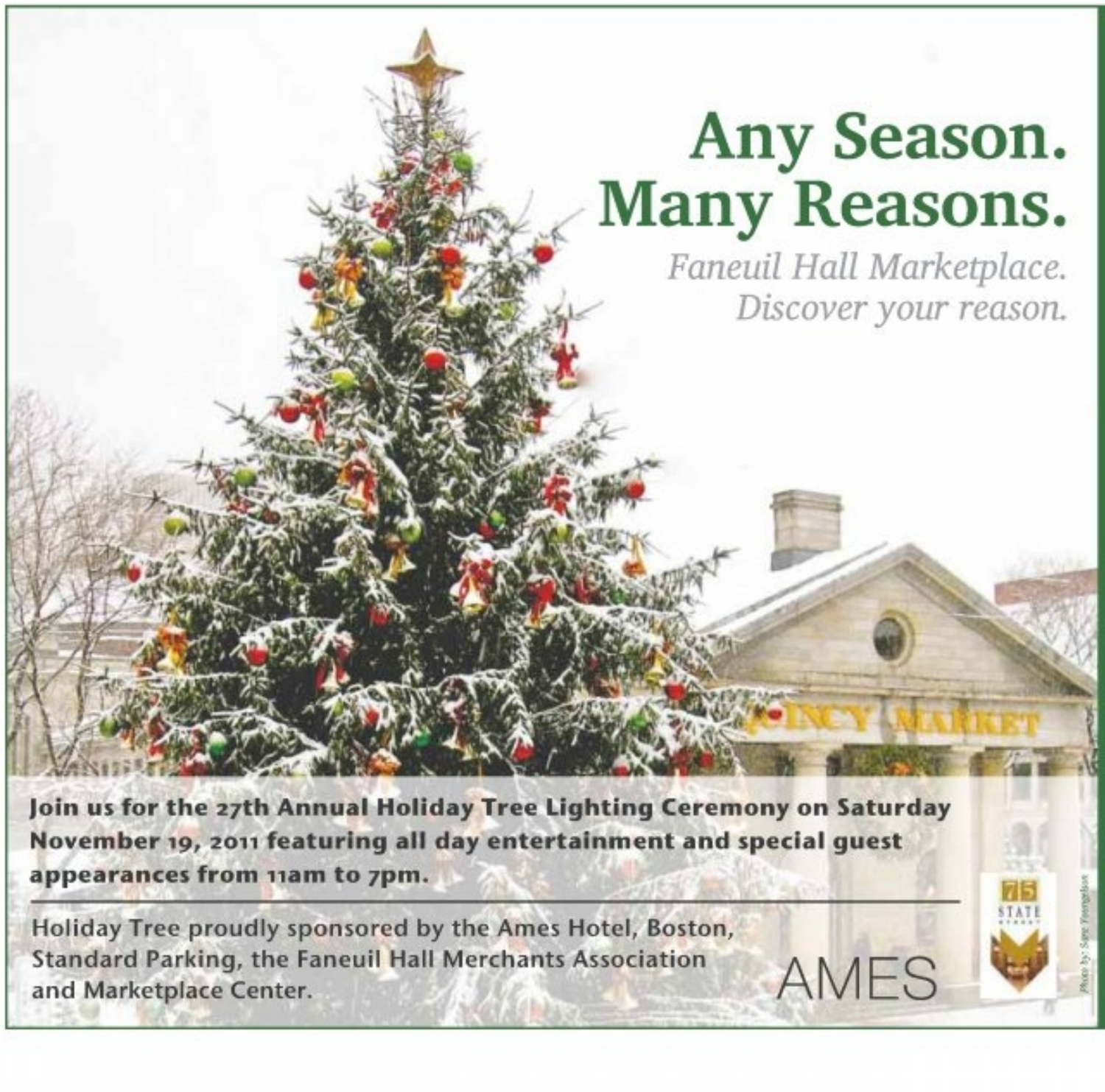
Penn State should also offer unconditional mental health treatment to the alleged victims and set up a private victims' compensation fund, sparing potential plaintiffs the "horrors of litigation," he added.

MacLeish, who has no connection to the Penn State case, was the lead lawyer in a clergy abuse case against the Archdiocese of Boston that settled in 2003. The church's combative legal stance ultimately backfired, MacLeish said. **REUTERS**

McQueary speaks

In a brief interview with NBC last night, Mike McQueary, the former assistant coach who said he witnessed Sandusky assaulting a boy in 2002, said his emotions were "all over the place."

▶ The Associated Press and The Morning Call newspaper cited a Nov. 8 e-mail from McQueary saying he went to the police after the alleged incident.



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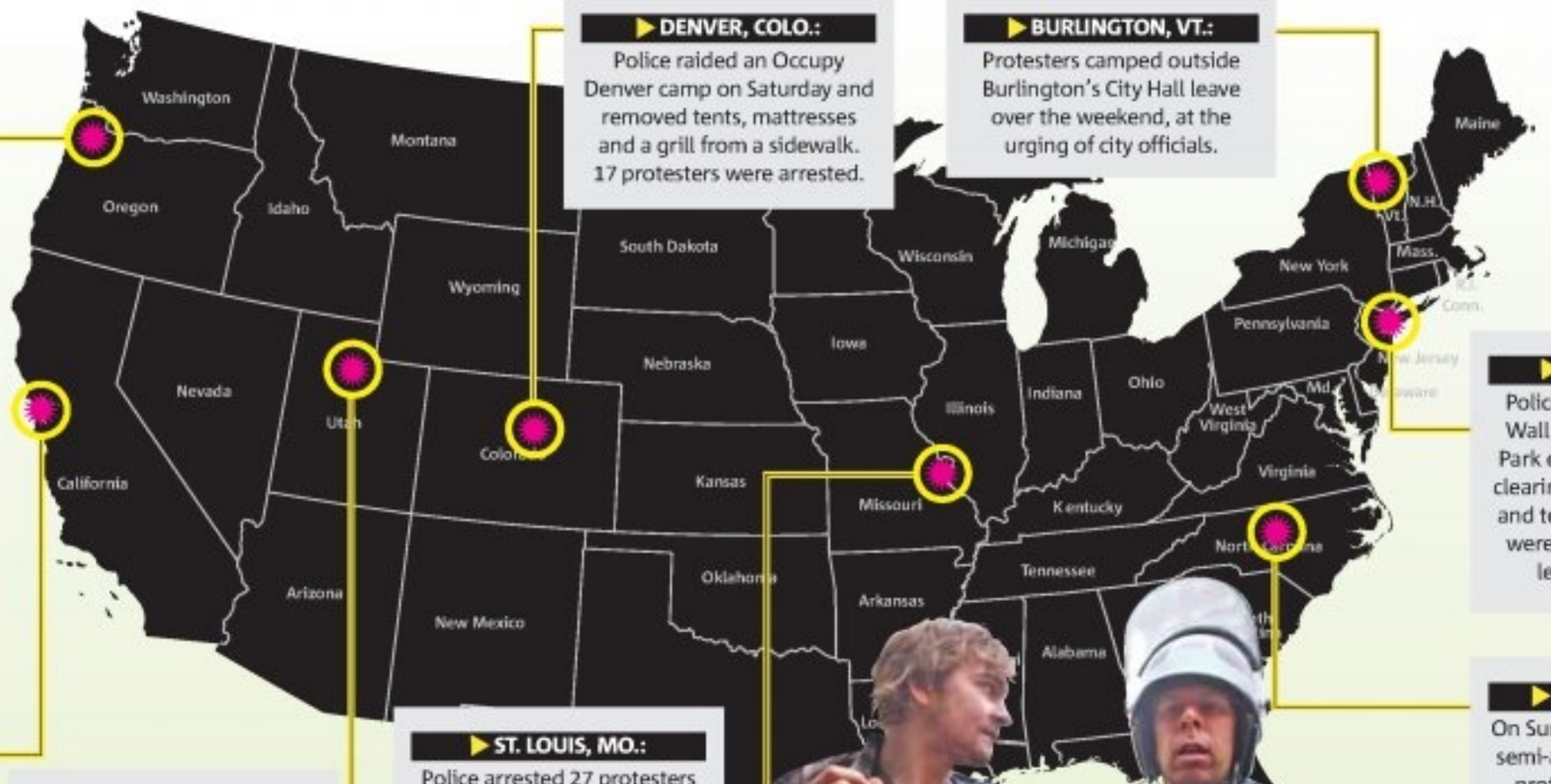
Movement under fire



▶ PORTLAND, ORE.: Protesters and police clashed violently on Sunday as authorities cleared protesters from city parks they had been occupying. More than 50 people were arrested, and one protester was hospitalized. According to Occupy Portland, he remains in a wheelchair with a broken back.

▶ OAKLAND, CALIF.: Police in riot gear raided an Occupy Oakland camp in Frank H. Ogawa Plaza Monday morning, clearing it of tents and tarps and arresting 33 protesters. The move came under criticism for the use of tear gas against protesters.

▶ SALT LAKE CITY, UTAH: Authorities shut down Occupy Salt Lake City's camp in Pioneer Park Saturday night. 18 protesters were arrested in a largely nonviolent confrontation.

▶ DENVER, COLO.: Police raided an Occupy Denver camp on Saturday and removed tents, mattresses and a grill from a sidewalk. 17 protesters were arrested.

▶ BURLINGTON, VT.: Protesters camped outside Burlington's City Hall leave over the weekend, at the urging of city officials.

▶ ST. LOUIS, MO.: Police arrested 27 protesters Friday night after they refused an order to abandon their encampment near the Gateway Arch. Mayor Francis Slay is in discussions with the movement to find another home for the camp.

▶ NEW YORK, N.Y.: Police moved in on Occupy Wall Street's camp Zuccotti Park early Tuesday morning, clearing it of protesters, tarps and tents. Nearly 200 people were arrested, including at least five journalists.

▶ CHAPEL HILL, N.C.: On Sunday, police armed with semi-automatic rifles evicted protesters who had been squatting in an abandoned car dealership. The protesters were loosely affiliated with the Occupy Chapel Hill movement, but did not represent the official camp. Seven people were arrested.

Occupy ousted: National effort?

Mayor of Oakland implies organization amongst country's politicians to tear down protest camps ◐ Were crackdowns tied to Obama absence?

Were this week's nationwide crackdowns against Occupy protests a concerted effort? That's what an offhand remark by Oakland mayor Jean Quan has many people believing.

In an interview with the BBC early yesterday morning, Quan seemed to hint at a deliberate nationwide effort to eradicate the urban camps that have marked the Occupy movement.

"I was recently on a conference call with 18 cities across the country who had the same situation," Quan said, "where what had started as political [movements] and political [encampments were] no longer in [the] control of the people who started them."

The remark has led to speculation in the liberal blogosphere that this week's police raids on Occupy encampments across the country were part of a government plan to shut down the movement. (The blog FireDogLake suggested the crackdowns were scheduled to coincide with President Obama's trip to the Pacific Rim.)

GETTY IMAGES

▶ Oakland Mayor Jean Quan

"I was recently on a conference call with 18 cities across the country who had the same situation — where what had started as political [movements] and [encampments were] no longer in [the] control of the people who started them." QUAN

The timing of the raids would seem to not be mere coincidence. Since Friday, eight Occupy protests have been the targets of organized police action, with roughly 150 people arrested in crackdowns on protests in St. Louis, Denver, Salt Lake City, Chapel Hill, Portland and Oakland. (Protesters in Burlington, Vt., reportedly left of their own accord over the weekend.)

For his part, New York Mayor Michael Bloomerg seemed to deny speculation that this morning's raid on Occupy Wall Street was part of a larger effort.

"The final decision to act was mine and mine alone," Bloomberg said.

NATE JONES
nate.jones@metro.us

ANDREA BELLEMARE/AFP/GETTY IMAGES

▶ Occupy Toronto protesters march down Yonge Street.

Zuccotti to Zurich: Crackdown goes global

TORONTO. Toronto officials have told Occupy Toronto protesters they must leave their encampment in a downtown park or risk forcible removal, raising the possibility of a police-backed eviction similar to the one in New York's Zuccotti Park earlier yesterday. The group vowed to stay in St. James Park beyond the midnight deadline for clearing out.

50

About 50 Swiss protesters were given 20 minutes to leave the area where they first pitched tents a month ago, Zurich police said in a statement, adding that 31 demonstrators were detained after peacefully resisting the order to move.

Swiss police also evicted anti-banker protesters from the Lindenhof, an ancient square in one of the oldest parts of Zurich, just hours after a similar move by police in New York. REUTERS

BofA: Debit card fee was big error

$5 card surcharge was a mistake, Brian Moynihan concedes Promises more transparency in the future

Bank of America Corp. learned a lesson from its abandoned debit card fee and will work to provide transparency and fair pricing to customers while producing a return for shareholders, Chief Executive Brian Moynihan said yesterday. The bank and its peers are updating product offerings even as they "address new regulations that have reduced our revenues in this business," he said.

Consumer banking will become a "smaller platform" at Bank of America and derive its profitability from lower expenses and deeper relationships with customers, Moynihan said. Bank of America is testing new account packages where customers won't pay fees if they do significant business with the bank, he said.

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Customers can avoid fees by using direct deposit for their paycheck, using a Bank of America credit card or taking out a mortgage with the bank, he said.

In another move to build capital, Bank of America said it was selling most of the remaining shares it owns in China Construction Bank Corp. **REUTERS**

$5

Bank of America canceled plans for a $5 monthly debit card fee a month after proposing the idea, following backlash from customers and politicians.

DAVID MCNEW/GETTY IMAGES

▶ Protesters demonstrate at a Bank of America in Los Angeles.

Consumers leaving credit cards unpaid

NEW YORK. Credit card delinquencies in the third quarter of this year increased nationwide for the first time since the fourth quarter of 2009, according to credit monitoring agency TransUnion.

The proportion of borrowers who are 90 or more days past due on their bills inched up from 0.6 percent to 0.71 percent, with the average credit card debt per borrower increasing by $63 in the quarter to $4,762.

Despite the uptick, TransUnion says delinquency rates remain near an all-time low overall. **MAINSTREET.COM**

Economy looking up

WASHINGTON. The U.S. economy showed signs it maintained speed into the fourth quarter as retail sales rose in October and a gauge of manufacturing in New York state showed growth this month for the first time since May.

Other data yesterday showed muted price pressures at the factory level. That should provide the Federal Reserve with ammunition to give more aid to the economy in the face of increased threat to the recovery from Europe's debt crisis. **REUTERS**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The diva VS. the baby

Patti LaBelle: A baby's No. 1 enemy?

If you are a baby and happen to come across singer **Patti LaBelle**, it's best if you pull up your diaper, grab your rattle and crawl right out of there.

It was disclosed yesterday in a lawsuit filed in Manhattan Supreme Court that the singer screamed obscenities at a toddler and threw a punch at the baby's mother (who also happens to be a school teacher) sometime this year. The mother, **Roseanna Monk**, is now suing LaBelle, who was living in Monk's Manhattan apartment building while appearing on Broadway's "Fela."

According to Monk's lawyer, reports The New York Daily News, this is what happened: The 18-month-old toddler, named **Genevieve**, was "scampering" around the apartment building's lobby when LaBelle, who is described as being in "full star regalia with oversize shades and a fur coat" became upset at the baby as she walked through. "'What are you doing letting your kid run around like that?'" she reportedly yelled. The lawyer goes on to say LaBelle then "started screaming" and "throwing water from a bottle at the mother's face and the baby's face." As if that wasn't enough, LaBelle then took a swing at the baby's mother.

LaBelle was then ushered into a waiting car by her entourage and the baby then "violently" threw up.

So far, the singer hasn't responded to the allegations. She's probably too busy not-babysitting to do so.

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DOROTHY ROBINSON'S WORD BLOG

And in other baby news...

Christina Applegate might not want to have **LaBelle** as a guest star on her TV show "Up All Night" anytime soon. As she tells "The View," having her 9-month-old daughter **Sadie** around was a priority when deciding to do the new NBC show. "My whole thing was, 'I'm not doing this unless I can bring her.' So they had to build me a room for her and it's got her toys and a crib and she takes her naps there," the actress explains. "That's called a crazy mother who said, 'No, I'm not doing anything unless I can be with my baby.'"

Christina Applegate

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

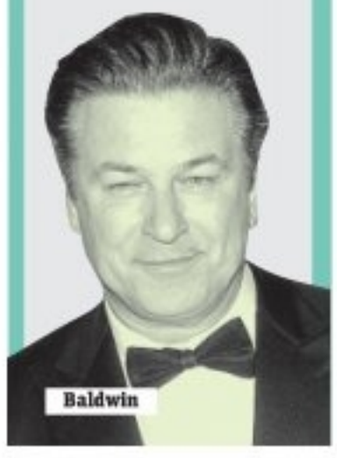
Alec Baldwin is upset about Occupy Wall Street, Rainn Wilson is developing road rage, Carrie Fisher is making the hard sell, and Jim Carrey is being ironic.

▶ **@AlecBaldwin**
Bloomberg's NY is no place for the 1st amendment. Bloomberg serves Wall Street, now and forever. And Wall Street cannot handle free speech.

▶ **@rainnwilson**
Boston drivers: there's a thing called the 'Golden Rule'. Read up on it. Get back to me.

▶ **@CarrieFFisher**
The perfect place to read my book: A toilet in Austria.

▶ **@JimCarrey**
You know who I hate? Judgemental people. In my opinion they are worthless scum.

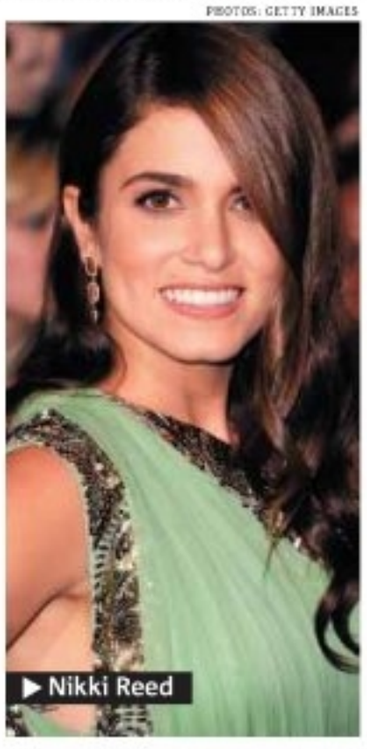

Baldwin

Talking points

Reed speaks on 'Twilight' dynamics

With the first part of the "Twilight" finale hitting theaters, actress **Nikki Reed** is opening up about the less-than-familial atmosphere amongst the cast. "In the beginning, it was innocent and fun, and we were like one big happy family. It was like being at sleepaway camp," Reed tells Seventeen magazine.

PHOTOS: GETTY IMAGES


▶ Nikki Reed

"Success came along and changed the dynamic. We're not all best friends, and we're not all going to hang out together after the final movie is done." And watching her co-stars' relationships fall apart once filming stopped wasn't the easiest thing. "It was very, very sad. Let's just leave it at that," she says.

Reynolds romances in Boston

The romance between **Ryan Reynolds** and **Blake Lively** appears to be going strong, as the pair stepped out in Boston's Back Bay neighborhood for an intimate dinner at restaurant L'Espalier, according to People magazine. "They started with caviar and oysters on the half shell, went on to clam chowder and beet salad. For entrees, a lobster and a halibut dish. And for dessert, a souffle," a source says.

Jay-Z on impending fatherhood

Jay-Z says his own experience of his father leaving when he was 11 had a lasting impact on him. "If your dad died before you were born, yeah, it hurts, but it's not like you had a connection with something that was real," Jay-Z tells GQ magazine. "My dad was such a good dad that when he left, he left a huge scar." The rapper is currently expecting a daughter with wife **Beyonce Knowles**, and his main priority is being there for his child. "Providing — that's not love. Being there — that's more important," he says. And does being there mean changing diapers once the little girl arrives? "Of course, of course," he says. "One hundred percent."

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The 'Twilight' blitz begins

1: Robert Pattinson, Kristen Stewart and Taylor Lautner attended the premiere of "The Twilight Saga: Breaking Dawn—Part 1" in Los Angeles, Calif. On the very, very, very off-chance you haven't heard about it, the film opens this Friday.

2: Nicole Scherzinger attended the launch of "The Beauty Book for Brain Cancer" at Grauman's Chinese Theatre in Hollywood, Calif., on Monday. Also spotted at the event were Hilary Duff, Josh Duhamel and Amy Adams.

3: Rebecca Romijn and husband Jerry O'Connell were spotted at the eighth annual CFDA/Vogue Fashion Fund Awards at New York City's Skylight SOHO on Monday.

4: Brad Pitt spoke yesterday at the "Moneyball" press conference in Seoul, South Korea.

5: New mom Victoria Beckham attended the 2011 WWD Apparel & Retail CEO Summit at The Plaza Hotel in New York City on Monday.

6: Runaway bride? Leighton Meester was seen running down the streets of Manhattan in a wedding dress during the filming of "Gossip Girl" in New York City on Monday.

1: KEVIN WINTER/GETTY IMAGES
2: SCOTT KIRKLAND/GETTY IMAGES
3: ANDREW H. WALKER/GETTY IMAGES
4: CHUNG SUNG-JUN/GETTY IMAGES
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HEAD OF THE 'FAMILY'

Sophia Vergara regularly steals the show as Gloria on 'Modern Family' The actress on representing Colombia, her character's canine battle and being mistaken for her son's sister

Sophia Vergara

Quoted

"For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great."
SOPHIA VERGARA

While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on "Modern Family." It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet. "As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia featured in the show?
I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a reality, what can we do? We just have to laugh about it.

Do you like what the writers have done with Gloria?
For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried. How are they going to know how a Latin woman thinks? They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Do you have any idea what's coming up for Gloria this season?
You don't really know because every episode is a little story, so they don't need to write the thread out until the end. I know what we have filmed these past two months. There's a lot of jealousy between Gloria and Stella, the dog. That's the main drama in her life right now, the dog. She hates the dog. And also a little bit of jealousy because of Manny's romantic life.

How does Gloria's relationship with Manny compare to your relationship with your own son?
It's very similar. I mean, my son is older now — he's 20 years old. But it's very similar. He was always like an old soul. It's funny because sometimes I'll watch my show with my son and he just looks at me like, "Did you tell them that?" I love when [people think] he's my brother. He hates it, he wants to throw up in front of the people. Like for example if I'm with him and somebody says, "Oh, tell your sister to come," and I don't say anything, I don't correct them, he's like, "Tell them! Tell them you're my mother!"

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

TV watch list

'Modern Family'
COMEDY. Speaking of "Modern Family," tonight is the show's equivalent of "Extreme Makeover: Home Edition" when Claire takes charge of the effort to help a neighborhood family who lost their house in a fire. 9 p.m., ABC

'The X Factor'
REALITY. The top 10 perform. While voting, can we oust judge Nicole Scherzinger? 8 p.m., Fox

ABC/PETER "HOPPER" STONE

▶ Claire (Julie Bowen) and Jay (Ty Burrell) organize a community drive to help their neighbors on "Modern Family."

'Revenge'
DRAMA. As Victoria's relationship with her family deteriorates, we can almost see Emily knit her fingers and maliciously say, "exxxxcellent" in her best Mr. Burns impression. 10 p.m., ABC

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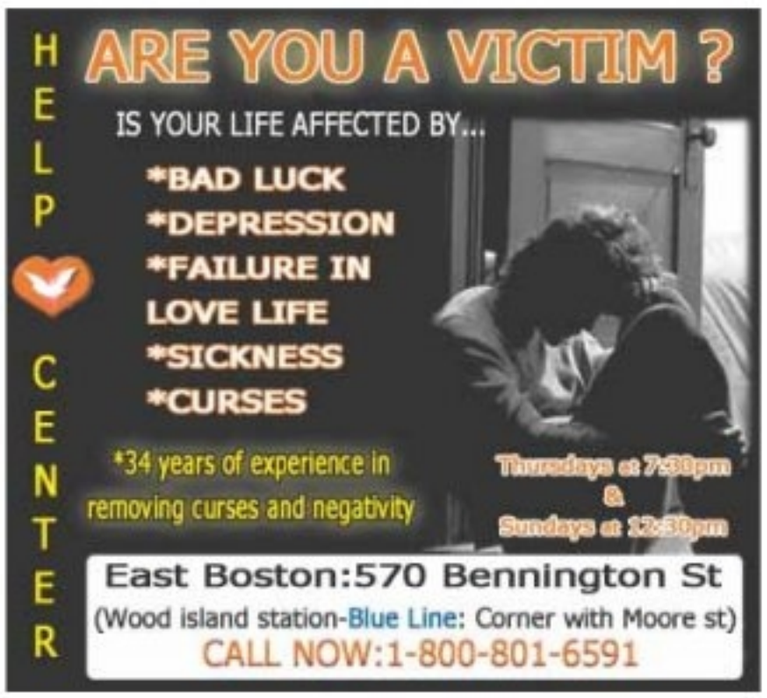

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Music

GETTY IMAGES

▶ Johansen

Johansen lends a hand

It seems an unlikely combination: Glam rocker David Johansen and folk singer-songwriter Bill Morrissey. But the New York Dolls singer joins a host of artists paying tribute to Morrissey, who died from heart failure in July, aged only 59.

"People think if you're in a rock 'n' roll band, all you listen to is rock 'n' roll," says Johansen. "In my experience, it's the opposite."

Johansen met Morrissey after attending one of his shows in the '80s. They shared a passion for old blues. The two eventually sang on each other's records. Between 1984 and 2007, Morrissey put out 12 albums, earned two Grammy nominations, and published a novel. But he was never a household name.

"All the musicians know who he is," says Johansen. "It was obvious how writerly he was and how economical he was in his little short stories that became songs. But, there's also his subject matter, which was so emotionally prescient."

LINDA LABAN

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How 'Sweet' it is

Company One delivers an amazing trilogy with 'The Brother/Sister Plays' If you only see one of these plays, see two!

STEVE WOLLKIND

▶ Johnnie McQuarley and James Milord star in "The Brothers Size."

"The Brother/Sister Plays" is three separate plays, staged in two repertory productions. The first, "In the Red and Brown Water," is performed in one two-act play. The second, "The Brothers Size," and third, "Marcus; or the Secret of Sweet," are performed together with an intermission between them, and the pair are possibly the high point of Company One's stellar body of work. It's not essential to see the first to understand the rest, but it makes for a complete experience.

NICK DUSSAULT
nick.dussault@metro.us

If you go

- **'The Brother/Sister Plays' performed in repertory**
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  BCA Plaza Theatre, 527 Tremont St., Boston
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'In the Red and Brown Water'

Playwright Tarell Alvin McCraney uses most of the stage directions as script in "In the Red and Brown Water." Unfortunately, director Megan Sandberg-Zakian never figures out how to best use this technique to enhance the storytelling so it can teeter on annoying.

But the raw, vulnerable performances are amazing.

Oya is a gifted runner whose talent is her ticket out of San Pere, La. Fate intervenes and the once shining star is relegated to an even more challenging life.

Miranda Craigwell delivers a stellar, emotionally-charged performance as Oya, using little more than her eyes to convey emotions. But this heartbreak wouldn't be possible without Chris Leon's turn as womanizing Shango and Juanita Rodrigues' humorous turn as Aunt Elegua.

'The Brothers Size'

In "The Brothers Size," director Summer Williams masterfully employs the use of stage directions as script to create one of the most powerful, spellbinding productions of the season.

Set 12 years after "In the Red ..." "Size" is the tale of two brothers who've always had to fend for themselves. One is recently out of prison and reunites with a friend and former con. The trio become embroiled in a complex emotional battle.

Though the pain of their deep-seated hurt is palpable and their struggles to survive are gut-wrenching, the raucous humor and intermittent vulnerability provide a perfect balance to the compelling tale.

Johnnie McQuarlery, James Milord and Hampton Fluker deliver award-worthy performances. If that comes to pass, let's hope they thank their director.

'Marcus; or the Secret of Sweet'

The final leg of the trilogy, "Marcus; or the Secret of Sweet," takes place four years after "The Brothers Size" and is the lightest and funniest of the three.

Not only is 16-year-old Marcus coming of age, but he is also struggling with being sweet [gay]. It seems everyone except his best [girl] friend is aware of it. The dialogue is witty, contemporary and rife with laugh-out-loud moments. There's also loneliness, despair and a flawless connection to the previous story.

Hampton Fluker brilliantly captures the awkward, confused essence of Marcus. Whether arguing with his mom, having his first down-low experience or enjoying a dance with the girls, Fluker's Marcus is sheer perfection. Natalia Naman is delightful as the jilted wannabe lover and Miranda Craigwell earns big laughs. Together, these two plays create a night of theater ready for repeat viewings.

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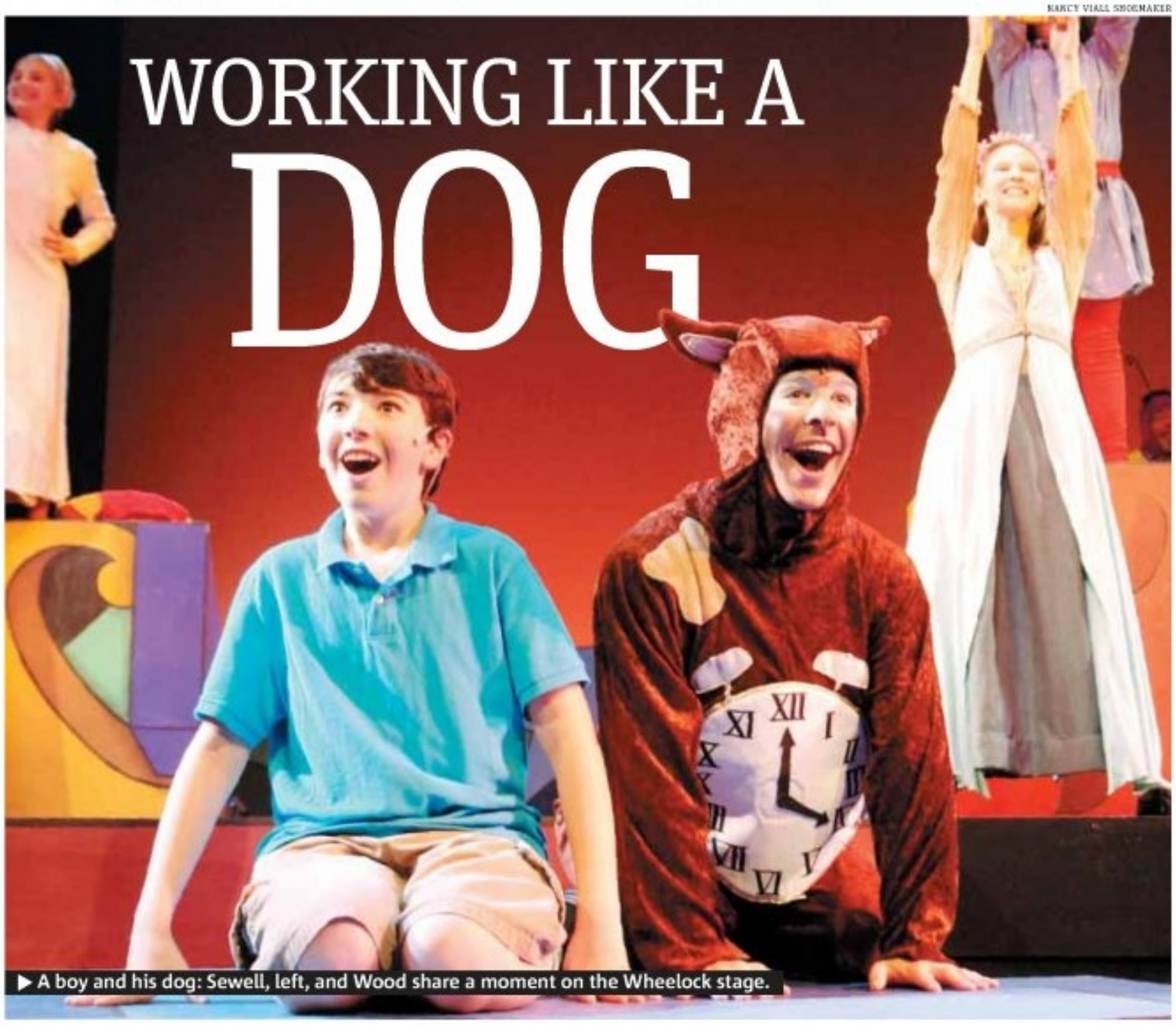
One 'Phantom' actor has racked up hundreds of thousands of YouTube views, and the other has been training to be a pooch for years

WORKING LIKE A DOG

NANCY VIALL SHOEMAKER



▶ A boy and his dog: Sewell, left, and Wood share a moment on the Wheelock stage.

Wheelock Family Theatre's first show of the season, "The Phantom Tollbooth," stars a 12-year-old YouTube singing sensation and an actor with a knack for playing four-legged creatures.

Both return to Wheelock for this musical based on Norton Juster's book about a bored boy named Milo who drives his toy car into the Kingdom of Wisdom.

"The show reminds me of 'Alice in Wonderland' or 'The Wizard of Oz,' because it's about a kid going on a journey in a magical land," says Jeffrey Sewell, who plays that kid, Milo.

A seeing-eye dog, of sorts

The dynamic between Sewell and Wood is much like that of their characters, a boy and his dog. "Jeffrey is incredibly talented, not just for a child, but for any co-star I've ever worked with. It's funny, in a lot of ways I take his lead in the way a dog would take a human's lead," says Wood. "And then there are moments in rehearsal where I see him looking to me for help, almost in the way a human looks to a dog for support."

Early on, Milo meets Tock, a watchdog who joins him on a quest to rescue two princesses. Though Tock talks (the story is full of wordplay) like a human, Michael Wood plays the character with uncanny canine behavior.

"This is in an odd way a dream role. I've been preparing for it my whole life," says Wood, known for his lead gig in last summer's Gold Dust Orphan production "Peter Pansy."

"If you ask any of my siblings, they'll tell you that I used to run around our yard for hours on all fours."

"He's unbelievable. It's like he's a real dog," says Sewell, who has an equally impressive pastime. The sixth-grader has racked up more than 200,000 views on his YouTube channel, TheJMSmovies, where he uploads his covers of hits like "So Much Better" from the "Legally Blonde" musical.

If you go

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www.wheelockfamilytheatre.org

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Expert tips

Six must-have makeup brushes

Beauty expert Raychel Wade — La Prairie's Colour Ambassador, makeup artist and founder of consulting service Cheektochic.com — shows us some essential tools for our beauty arsenal.

TINA CHADHA
tina.chadha@metro.us

Why are brushes so important?

"Brushes are designed to help your makeup go on better," explains Wade. "Companies give a lot of thought into the shape of the brush and the type of hair that works well for picking up and depositing pigment. I tell my clients a high-quality brush will last you for years. They're a great investment."

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MAC 239 Eye Shader Brush, $25, www.maccosmetics.com "The concentrated bristles are great for applying, depositing and building color on to your eyelids."

MAC 217 Blender Brush, $23, www.maccosmetics.com "It's the perfect blender brush that fits into the crease [of your eye]."

MAC 266 Small Angle Brush, $20, www.maccosmetics.com "The angle of this liner brush can give you both a precise line or a more blurry one for a smoky eye."

NARS Yachiyo Kabuki Brush, $50, www.narscosmetics.com "The egg-shaped head is great for depositing color on your cheekbones as well as highlighting them."

Dermablend Professional Concealer Brush, $22, www.dermablend.com "The unique shape fits into the nooks of your eyes and around your nose. It's also great for applying cream shadow or primer."

Armani Designer Foundation Expert Shaping Brush, $51, www.giorgioarmanibeauty-usa.com "The small head and short hairs are ideal for working the foundation into your skin for a seamless finish."

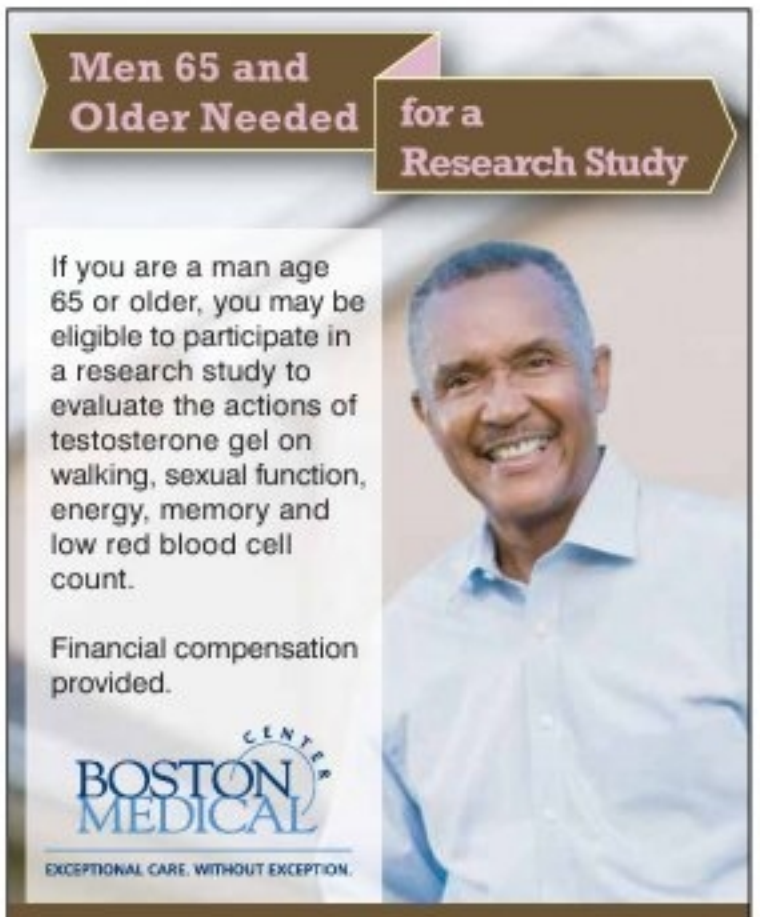
Trend of the week

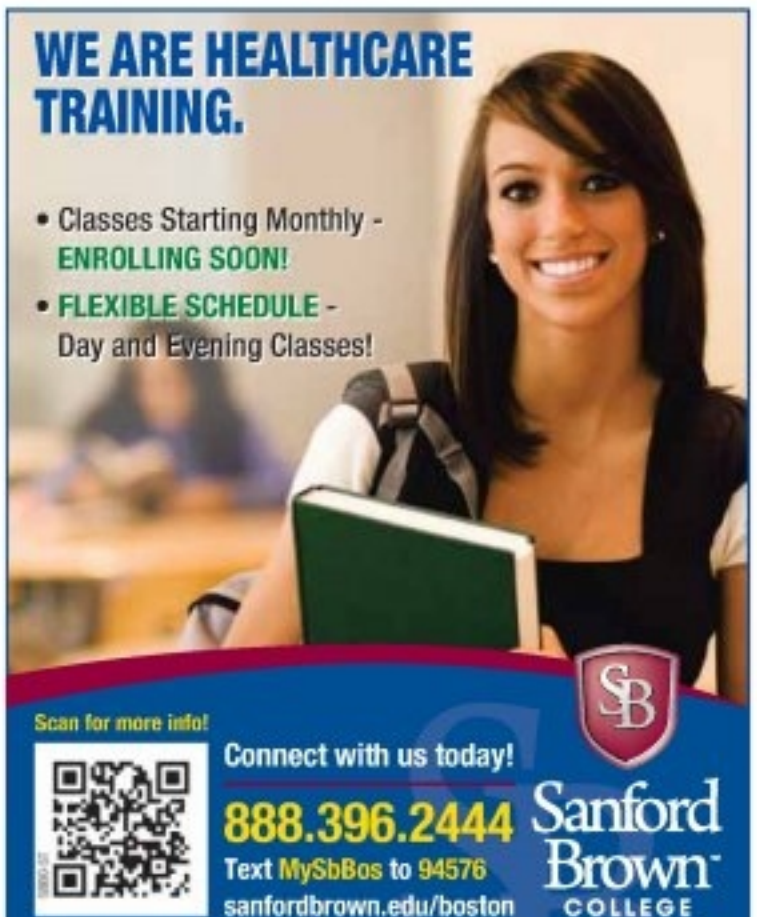
Prince of Wales Check

The print long associated with middle-aged Englishmen couldn't be more in style, popping up in a slew of fall collections from Salvatore Ferragamo to Yves Saint Laurent. Think of it as a very close, slightly more grown-up cousin to all of the tartan plaid you're seeing in stores. It's the kind of thing that's perfect for a job interview or a big make-or-break meeting.

KENYA HUNT

- 1. ZARA blazer, $90, www.zara.com
- 2. Stella McCartney handbag, $1,045, www.netaporter.com





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The downside of downward dog

Just how does one get through the most unpleasant moments that can occur in yoga class? Plus, some etiquette rules to remember

According to Devon Spencer-Smith, yoga instructor at the Rise Movement studio in Los Angeles (Kristen Stewart is a fan), the best way to deal with an embarrassing incident during yoga class is to laugh it off. "Yoga is a moving meditation that allows you to let go of a lot of things in life. Getting annoyed or agitated adds aggressiveness and ego to your practice, which defies its purpose," she says. Other than having a sense of humor, here are some ways you can address mortifying mat moments.

Problem 1:

You're embarrassed to make a sound

That "ohm" in the beginning can leave first-timers in a fit of giggles.
Solution: The purpose of the Sanskrit sound is to mentally bring everyone into and out of the class. "It's what helps you stay focused and aware of your breath," says David Kim, instructor at L.A.'s YogaWorks studio. "If doing the 'ohm' really embarrasses you, then do a very quiet one under your breath," Kim suggests.

Problem 2:

You make an, erm, unexpected noise

Passing wind in public is bad enough. It's even worse when it happens during a silent yoga class.
Solution: "If a student passes gas, ignore it," says Kim. "Some poses trigger the release of gas, especially twists and inversions that upset digestion." And if it's you you're worried about, avoid eating two to three hours before a class, and relax: The anxiety over trying not to fart can make it happen.

Problem 3:

You settle next to a rude neighbor

You arrive early to secure the best spot. Five minutes into class, the aggravator arrives, puts his mat an inch from yours, blocks your view and wedges his toes in your face.
Solution: The teacher should lay down the law. "It's only fair to have a 15-minute rule, after which the people aren't allowed in," says Kim. Barring that, ask them to be careful — and wish them namaste afterward.

▶ Your instructor has likely seen (and heard) it all.

Yoga no-nos

Never do the following:

- **Leave your cell phone on.** You know this. How come your neighbor doesn't?
- **Skip shavasana (the last meditative state).** People come to yoga class with a gym-like focus — they want to leave once the "workout" is over and skip the shavasana meditation. This final pose is very important to restore the nervous system and calm your mind.
- **Step on someone's mat.** Only you know where your feet have been.

ROMINA McGUINNESS
METRO WORLD NEWS IN LONDON

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Once and for all, who pays on a date?

I'm a single guy in the city. I'm really tired of gold-digging women expecting me to pay for everything on dates. I understand it's appropriate to pay for the first date or two, but why is it that women can't chip in at all when they want equality in every other part of life? How can I handle this? I want to continue to date but don't want to go broke doing so.

No more drama

JONATHAN ALPERT
WWW.JONATHANALPERT.COM

No doubt, you'll encounter women who are simply after a good meal. Many female clients have told me they go out with a new guy several nights a week just to get a free dinner. Don't be a victim to such gold-digging. Pay for the first date if you initiate it. No need to take someone to an expensive restaurant on a first date. The focus should be on getting to know the other person, not judging each other by how much is spent.

Subsequent dates, though, aren't that clear-cut. A man paying for dates is deeply rooted in tradition and widely accepted social etiquette. On the other hand, dating presents an opportunity for women to assert their desire for equality and to move away from 1950s thinking. Men and women then find themselves in a bit of a conundrum. Some people might think, "If women want equal pay for equal work, then they should contribute the same across the board." If a man asks a woman to chip in on a date, she might think he's cheap or uninterested. If a woman offers to pay, he might think she doesn't want anything more than a friendship. If the man accepts the woman's offer, he might feel emasculated and she might think he's cheap.

▶ Should it always be the guy signing the receipt?

If you really like her, ask her out again. If money is an issue, simply go for a drink, coffee or something affordable. Consider something that won't break the bank, like cooking at home, an outdoor activity or watching a movie. Explain that you're open to other activities to get to know her so long as she can contribute. If she snubs you, then you know she isn't the girl for you. If she is open to alternative activities or chipping in, then you've got yourself an understanding partner who might be worth pursuing.

– Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com. Find Jonathan on Facebook and Twitter, and look for his new book, BE FEARLESS: Change Your Life in 28 Days, this April.

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Letters

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Without jobs, who to exploit?

I hope the OWS people go out and get jobs soon. If they don't start working on their retirement funds and 401(k)s now, then what will bankers be able to recklessly overleverage during the next boom/bust cycle?

DANIEL CIAMBRONE, VIA E-MAIL

Congress gets rich illegally

This is real easy if you have half a brain. OWS is about corruption and greed that affects all of us. "60 Minutes" just aired a piece on how our congressional leaders use nonpublic information in order to make large amounts of cash for themselves. People go to jail for that; it's called insider trading. They also buy land near areas that they know will be developed because of this nonpublic formation. Wake up and stand up.

ROBERT ASHE, VIA E-MAIL

You can't evict this movement

Mayor Bloomberg's decision to have Zuccotti Park in New York City emptied changes nothing. The Occupation will simply continue elsewhere, likely expanding even further. The only positive is that His Honor didn't follow the violent example set by his counterparts in Portland and elsewhere.

JOSEPH CONNELL, VIA E-MAIL

I understand the protestors have rights according to the First Amendment. But does that right include taxpayers footing the bills that come with these rights? Our cities are spending hundreds of thousands per week of taxpayer monies to allow OWS their First Amendment rights. Why don't they pay that bill? No one pays my bills. They just want another handout so they can sit and protest and not work like I must to pay my bills!

PETER MOL, VIA E-MAIL

The Dream was built by slaves

To Michael Chimenti, who asserted that America was built on the concept of "work," something he says OWS protesters wouldn't understand: Do you mean all that work Americans did by enslaving Africans and forcing them to work for them for over 500 years while they sipped sweet tea in between lashings, rapes and lynchings? If your argument is true, then OWS is just following in that fine example set by their forefathers!

TANYA BONNER, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** Something quite fortunate could transpire for you today through the good auspices of a relative. Try to be nicer than usual to both kith and kin.

♐ Sagittarius **Nov. 23-Dec. 21.** In an area where you're trying to make progress, you might initially meet resistance but will soon find complete cooperation. Don't be too quick to make any major judgment calls.

♑ Capricorn **Dec. 22-Jan. 19.** Because of having a natural ability to establish order where chaos is running rampant, you'll function far more effectively today than most other group members.

♒ Aquarius **Jan. 20-Feb. 19.** Once you discover you are allowing challenging developments to intimidate you, you'll be able to do anything you put your mind to today.

♓ Pisces Feb. **20-March 20.** By bringing people who possess talents you lack into an endeavor that is giving you fits, you can solve most any problem you might encounter today.

♈ Aries **March 21-April 19.** An infusion of hope concerning a financial matter could come through for you from an unexpected conduit today. It could happen just when you're not looking for it.

♉ Taurus **April 20-May 20.** It behooves you to develop a few partnership arrangements today, especially where each has a different expertise to offer. Where one is weak, the other should be strong.

♊ Gemini **May 21-June 20.** Don't be so quick to give up on hope where your career is concerned, because something significant is brewing for you that could turn things around.

♋ Cancer **June 21-July 22.** If a friend or associate of yours should make a promise to do something for you today, don't take it lightly. Chances are your pal will follow through and do exactly what he or she says.

♌ Leo **July 23-Aug. 22.** Something on which you're working could yield far more benefits than you ever expected it to do. No matter the trouble you run into, stick to it.

♍ Virgo **Aug. 23-Sept. 22.** Regardless of how bumpy the road looks, stay the course with someone you recently met who you would like to know better. Be the first one to initiate another get-together.

♎ Libra **Sept. 23-Oct. 23.** Chance could play a powerful role today in bringing about conditions for producing more material growth than you ever thought possible. It'll be up to you to stay with it, however.

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19 Lie adjacent
20 Optical instrument
23 Common toast
26 Amts. of oil
27 A crowd?
28 Afternoon get-together
29 Ja, to Jacques
30 Guitarist-vocalist Midge __
31 Que. neighbor
32 901, to Caesar
33 Zoom-in shot
37 Reuben bread
38 She-lobster
39 Corporate abbr.
40 Santa __ winds
41 Gridiron gain
43 Sooner than anon
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45 NASA counterpart
46 One, to Conchita
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48 Daring feat
51 Fortune 500 abbr.
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53 Clay shaper (2 wds.)
56 Not pro
57 Auto pioneer Ransom __ Olds
58 Straw mat
62 66 and I-80
63 __ Moines
64 Barters
65 Put in order
66 Sault __ Marie
67 Maintain

Down
1 Music albums
2 Not square
3 Here, to Henri
4 Goose-down items
5 Perfect
6 "Hud" Oscar-winner
7 Papeete's island
8 Hoople's mutterings
9 Brief note
10 Percolates, as water
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22 Walked tall
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30 Modern lead-in
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33 Make a fist
34 More than willing
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36 Tomato product
42 Drill pro
46 Not so smart
47 Silt deposits
48 Bandies words
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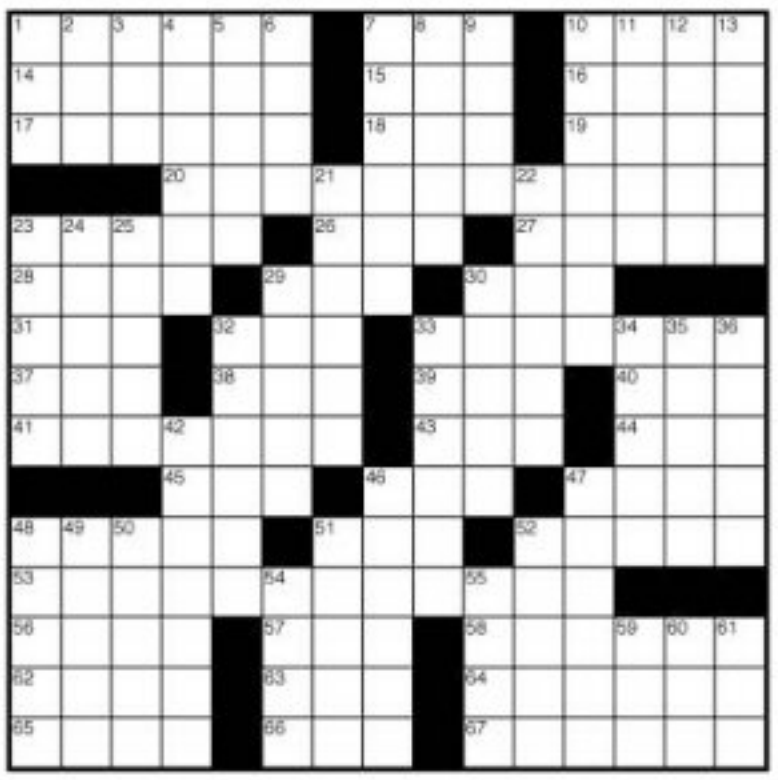
51 Dot in a river
52 Blackens
54 Tulip colors
55 Grammy winner __ James
59 Fruity drink
60 Debussy subject
61 Hobby ender



SUDOKU **LEVEL: EASY**

	3		7					1
			4	3			8	
	8				1		7	2
	1	9		2				6
			8		6			
5				9		7	2	
7	2		3				6	
	6			8	4			
4					5		1	

SUDOKU **LEVEL: HARD**

		4	6					
	9				7		8	
7		1	2		5	4		
5		9		7	2	6		
		2	3	9		7		4
		3	8		4	5		7
	2		7				6	
					3	2		

Solution to yesterday's crossword

S	N	U	B		T	O	N	E	R		S	L	E	D
L	I	S	A		I	R	E	N	E		C	A	S	E
I	N	S	T		E	R	A	S	E		A	P	S	E
P	E	R	I	L	S			U	S	U	R	P	E	D
			K	I	D		M	E	E	T				
F	U	S	S	P	O	T	S			I	R	A	T	E
O	R	E			W	A	G			C	A	K	E	D
A	B	I	L	E	N	E		B	O	A	T	I	N	G
M	A	N	I	A			C	A	R			T	O	E
S	N	E	E	R			O	L	D	G	U	A	R	D
			T	R	A	M			I	N	N			
F	L	A	S	H	E	D				N	U	A	N	C	E
L	O	P	E		S	O	U	S	A		W	O	R	M
O	D	I	N		E	R	R	O	R		E	S	A	U
W	E	N	T		T	E	E	N	Y		D	E	B	S

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Diabetes and High Blood Pressure: A Dangerous Combination

Many people with diabetes also have high blood pressure. It is very important for everyone, but especially those with diabetes to control their blood pressure. Having both diabetes and high blood pressure increases the risk for:

- Heart attack
- Stroke
- Eye and kidney disease

What is Diabetes?
Diabetes is when your body does not make enough of a hormone called insulin or may not use insulin properly. Insulin helps your body use sugar from your food as energy or stores it for later use. When this does not happen, too much sugar stays in your blood.

Over time, high blood sugar can lead to serious problems. It can harm your eyes, nerves, and kidneys. It can damage your blood vessels, leading to heart disease and stroke, and it can reduce blood flow to parts of your body, especially your feet. This can cause pain when you walk and slow healing.

What is High Blood Pressure?
Blood pressure is a measure of the force of blood against the walls of your arteries. Blood pressure readings include two numbers, such as 120/80. For diabetics a blood pressure reading of 130/80 or above is considered high blood pressure.
It is important to keep track of your blood pressure to be aware of any changes.

Who is Most at Risk?
While no one is sure what causes diabetes and high blood pressure, research has shown that some people may be at higher risk.

Risk factors for diabetes include:

- Having a history of diabetes in the family
- Being overweight
- Being inactive
- Having high blood pressure or high cholesterol
- Being over age 45
- Being of African, Asian, Hispanic, Native American or Pacific Islander heritage
- Having exposure to certain antipsychotic drugs
- Having a prior history of gestational diabetes or birth of at least one baby weighing more than nine pounds

You are more at risk for high blood pressure if:

- You smoke
- You are overweight
- Others in your family have high blood pressure
- You are African American
- You don't get regular exercise
- You drink too much alcohol
- You have a lot of salt or not enough calcium, potassium, or magnesium in your diet
- You use decongestants, anti-inflammatory drugs (such as ibuprofen or naproxen), or steroids on a regular basis

The Symptoms
Symptoms of diabetes and high blood pressure can appear suddenly or over time. And, it's unlikely that anyone would have all of these symptoms. It is possible to have type 2 diabetes with no symptoms.

- Frequent urination
- Increased thirst
- Extreme tiredness
- Weight loss (in spite of in creased appetite)
- Blurred vision
- Slow-healing infections or wounds
- Pain, numbness, or tingling in the feet

Here is What You Can Do
Diet – Follow healthy eating guidelines:

- Eat a variety of foods
- Limit fat, especially saturated and trans fat
- Limit cholesterol
- Eat enough starch and fiber
- Limit sugar
- Monitor sodium (salt) intake

Medication – Your health care provider may recommend medication to help you reach your health goals. Medication may help you, whether you are pre-diabetic, have high blood pressure, or have diabetes and high blood pressure.

Be Physically Active – Every little bit helps, even just five minutes a day is a start. A half hour of walking several days a week could make a big difference in your health. Check with your health care provider if you need advice on which types of exercise are best for you.

More Information

Your health care provider can answer your questions and refer you to a specialist if you need one. Other members of your health care team may include a dietitian, nutritionist, or a certified diabetes educator (someone who helps manage and adjust your care).

For more information on diabetes and high blood pressure you can also visit these websites:

Neighborhood Health Plan
www.nhp.org/diabetes

American Diabetes Association
www.diabetes.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

National Heart Lung and Blood Institute
www.nhlbi.nih.gov

I take care of my diabetes and blood pressure…

so I can keep doing the things I want to do.

I know if I take care of my diabetes and blood pressure, I have a better chance of enjoying life into my senior years. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org

Neighborhood Health Plan®
Your health. Our promise.

Located in Boston, Labouré is easily accessible by public transportation. With the MBTA Red Line just minutes away, Labouré is a community-based institution and has been educating nurses and allied health professionals for over 116 years. A convenient commute within Metro Boston and beyond, the education received at Labouré will prepare you for new and challenging experiences that expand far beyond the world as you know it today.

A Labouré education is a direct path to a professional career. Your education will be among the best, and your personal commitment will prepare you for a future as a respected professional.

Graduates also join a large and extended alumni network that is among the best in their fields. The College's long-standing and extremely well respected history is all part of a unique and exciting experience. Labouré and its graduates are recognized the world over. Your Labouré education secures a place among one of the largest group of alumni in nursing and the allied health professionals anywhere.

You will be recognized for the quality of the education received at Labouré – and no matter what area of healthcare you choose, the network of fellow alumni is always close . . . as a resource, colleague or as a friend.

Wherever your career takes you – Labouré graduates can be found working as a healthcare professional in every corner of the globe.

The faculty is outstanding with a low student to teacher ratio. The individualized program of study increases the opportunity for a personalized approach to learning as well as educational support services as needed. Along with an exceptional curriculum and clinical experiences, your Labouré education will exceptionally prepare you for a successful future in the ever-changing landscape of Healthcare.

Labouré's long-standing tradition of quality education and social responsibility will position you well as a professional, but as a role model and leader.

In addition, our outstanding faculty and curriculum - coupled with clinical experiences in some of the top hospitals in the world will prepare you to be the best in whatever field you choose.

Labouré and its affiliates give students exceptional opportunities in preparation for their future career in any one of a myriad of the health professions and Nursing.

With numerous clinical affiliations that include academic medical centers, teaching and community hospitals, the college is committed to preparing its graduates to deliver patient-centered care as valued members of the health care team.

RATE YOUR PLATE

As one of the state's leading health insurers, BMC HealthNet Plan wants everyone to eat right and stay healthy. That's why we recommend rating each plate of food that you eat. How can you rate your plate? One way to is by looking at the colors of the foods you're eating: the more bright colors, the healthier your meal.

That's because bright foods like fruits and vegetables contain lots of vitamins and minerals. They also contain fiber, and that helps your body process food better.

Eat a rainbow of foods

To stay healthy, include at least one or two of the foods listed in the chart in each meal. Eat at least five of these foods every day. And, be sure to choose different fruits and vegetables throughout the week.

Eat a rainbow of foods, and you'll get a variety of vitamins and minerals!

Now that you know what to eat, do you know how much you should eat?

How much is too much?

Research shows that a key reason more Americans are overweight or obese is because we eat out at restaurants too much. Many restaurants offer larger portions than what you would cook at home. "Super-sized" meals might sound like a good idea, but they actually make you eat more than you should. In addition, many restaurant meals go heavy on ingredients like butter – things that make food tastier, but **way more fattening!**

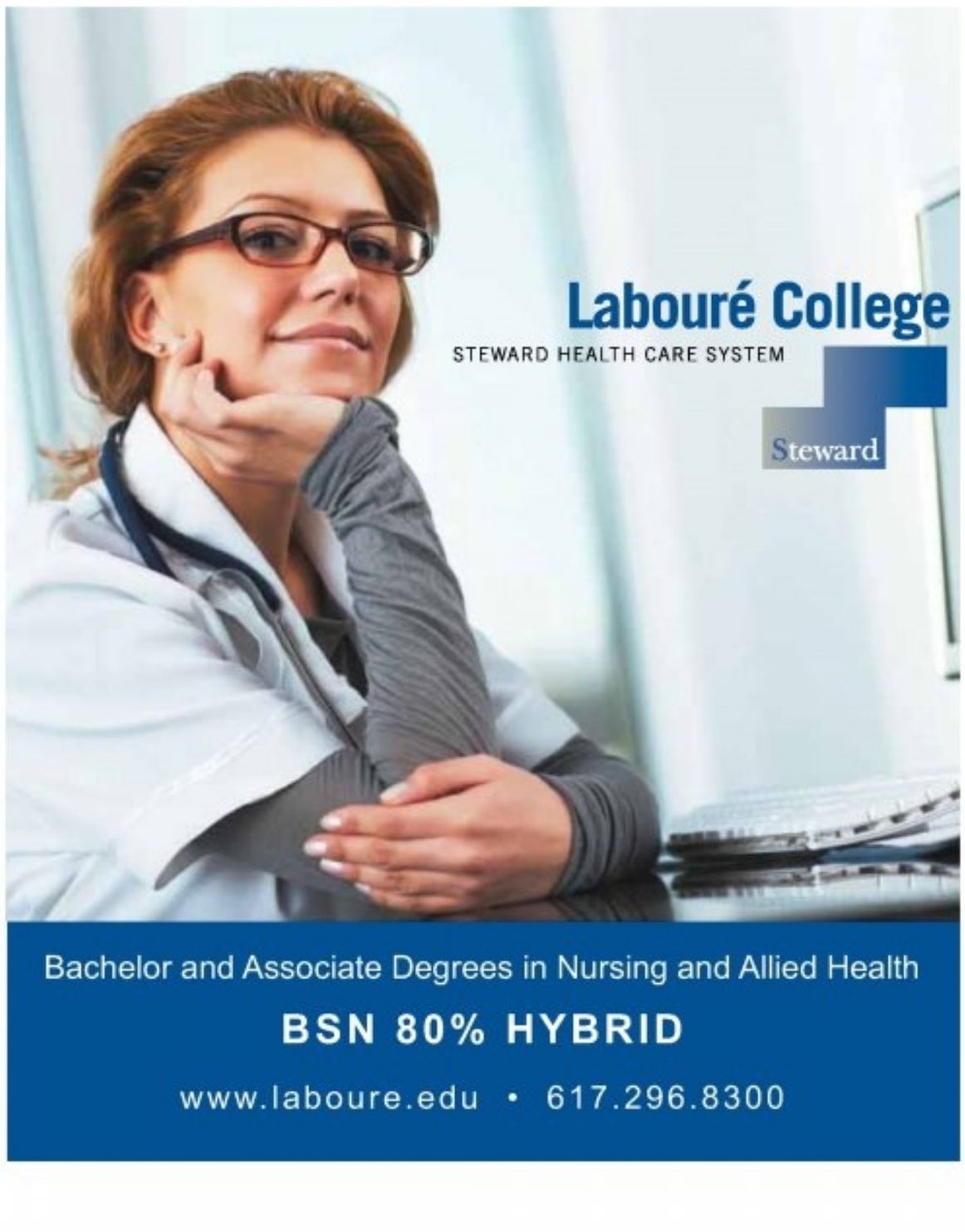
So, cook and eat at home when you can. Keep in mind, though, that for certain types of foods, larger portions are good. For example, most of us would be better off eating more fiber-filled foods like fruits, vegetables and whole-grains.

And, whether you cook and eat at home or eat at a restaurant, follow the portion guidelines from the United States Department of Agriculture (ChooseMyPlate.gov). For more health and nutrition tips, visit our Wellness Center at bmchp.org and be sure to download our "Rate Your Plate" flyer.

Brought to you by BMC HealthNet Plan, serving nearly 240,000 members throughout the state.

CHOOSE THESE FOODS THAT GET AN A+ RATING!!!

GREEN: dark salad greens, broccoli, spinach, green beans, brussel sprouts, green peppers
ORANGE/YELLOW: carrots, butternut squash, acorn squash, oranges, corn, bananas, orange peppers
BLUE/PURPLE: blueberries, blackberries, grapes, eggplant
RED: apples, raspberries, tomatoes, strawberries, cranberries, red peppers



Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth options, call 800-841-2900, M – F, 8 a.m. – 5 p.m. (TTY: 800-497-4648). For all your Commonwealth Care health plan options, visit mahealthconnector.org or call 877-623-6765 (TTY: 877-623-7773), M – F, 8 a.m. – 5 p.m.

Medical imaging is not just x-rays anymore. Regis College now offers an Accelerated BS in Medical Imaging.

Look around your hospital's Medical Imaging Department these days. It's not just x-rays anymore. Specially trained nuclear medical technologists are performing the more advanced diagnostic testing essential to the latest in medical care. According to the U.S. Department of Labor Statistics careers in Nuclear medicine will continue to grow in the next ten years. **Regis College's Accelerated BS in Medical Imaging with a track in Nuclear Medicine** will train you to join this growing field.

Nuclear Medicine combines chemistry, physics, mathematics, computer technology, and medicine in using radioactivity to diagnose and treat disease. Though there are many diagnostic techniques currently available, nuclear medicine uniquely provides information about both the structure and function of virtually every major organ system within the body. It is this ability to characterize and quantify physiologic function which separates nuclear medicine from other imaging modalities, such as x-ray.

The Nuclear Medicine Technologist is a **highly specialized healthcare professional** who works closely with the nuclear medicine physician. Some of the technologist's primary responsibilities are to:

- Prepare and administer radioactive chemical compounds, known as radiopharmaceuticals
- Perform patient imaging procedures using sophisticated radiation-detecting instrumentation
- Accomplish computer processing and image enhancement
- Analyze biologic specimens in the laboratory
- Provide images, data analysis, and patient information to the physician for diagnostic interpretation.

The **Accelerated BS in Medical Imaging with a track in Nuclear Medicine** is a **full time** program over four semesters (fall, spring, summer, fall), beginning in September of each year. Regis is currently accepting applications for the 2012 Fall Semester. **Application deadline is April 10, 2012**. All new students receive a **$5,000 scholarship**. Pre-requisite courses may be taken beginning this January. The didactic and clinical education offers the knowledge and skills necessary to become a competent Nuclear Medicine Technologist. Clinical education takes place at hospitals and medical centers in and around Boston and offers training through a competency-based model using state of the art equipment such as SPECT/CT and PET/CT.

Students who successfully complete the program are awarded a certificate from Regis College and are then eligible to sit for the national certification exams offered by the Nuclear Medicine Certification Board (NMTCB) and the American Registry of Radiologic Technologists (ARRT).

Regis College has a rich history and excellent reputation as a provider of education for healthcare professionals. The NMT program is part of the college environment that provides students with a broad base of learning in the humanities and sciences.

Attend an upcoming information session on December 8 at 6:00pm to learn more about this exciting program. Get started on program pre-requisites - register today for Winter Intersession and Spring Semester courses. Please call 781-768-7330 or visit www.regiscollege.edu/graduate for more information.

When It Comes to a Mouthguard, Just "Grin and Wear It"

Massachusetts Dental Society

More than 40 million children today participate in organized sports in the United States. According to the U.S. Centers for Disease Control and Prevention, sports-related craniofacial injuries account for 600,000 emergency room visits each year. This adds up to millions of knocked-out, cracked, or chipped teeth, lip lacerations, and even jaw fractures.

No one argues that safety is a critical factor when a child is participating in a contact sport. When playing football, hockey, and lacrosse, student-athletes wear helmets to protect against concussions. They wear pads on their shoulders and around their knees and elbows to safeguard against breaks and bruises. And they should wear mouthguards to protect their teeth, jaws, and skull from injuries related to blows to the face or head.

Orofacial injuries are very problematic because they generally involve the nerves of young, permanent teeth and can require a lifetime of follow-up care and expense for athletes and their parents. In fact, costs can be as high as $10,000 to $15,000 per injured tooth.

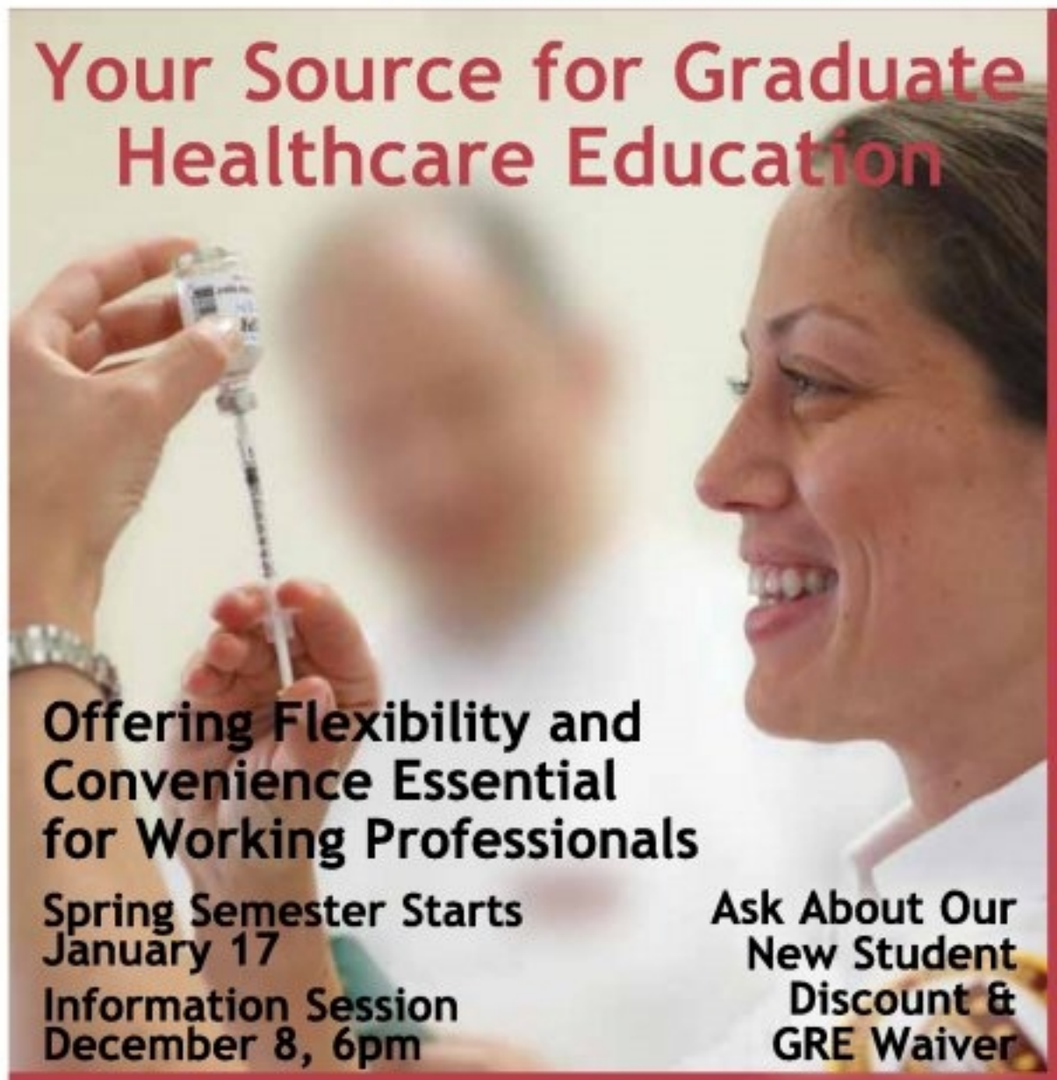
The Massachusetts Dental Society (MDS) says mouthguards help prevent injury to the mouth area, especially the teeth, lips, cheeks, and tongue. Even athletes who use helmets or face masks should wear mouthguards, since they also protect against head and neck injuries by helping to cushion blows.

There are three types of mouthguards available: custom-made, boil-and-bite, and stock. Dentists strongly recommend that athletes wear custom-made mouthguards, because in terms of fit, comfort, and protection, they are by far the best as they are made from dental impressions of the teeth. By pressure-laminating the mouthguard during fabrication, the final product is designed to fit an athlete's mouth exactly. As a result, the athlete breathes better, speaks more clearly, and most importantly, receives the best protection from an orofacial injury.

The MDS recognizes that custom-made mouthguards are more costly than store-bought mouthguards. To that end, since 2002 the Society's Grin and Wear It® mouthguard program has been providing custom-made mouthguards to students for a discounted or nominal fee.

So, whether you're playing ice hockey, basketball, or wrestling this winter, please make sure you don't need to sit out with an orofacial injury. Play it safe and wear a mouthguard.

For more information on mouthguards, visit www.massdental.org.



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The introduction of the iLASIK procedure means your wait for improved vision is over, because:

1. Most people are candidates – Get a free evaluation today
2. iLASIK technology is advanced and innovative — so it's safe and proven
3. The iLASIK procedure is not complicated — it's fast and virtually painless

The iLASIK Procedure — It's Safe And Proven

The technology used in the iLASIK procedure is very mature and very safe. Doctors have been doing LASIK for over a decade. Nearly 32 million LASIK procedures have been performed to date, making it the most common elective vision procedure in the U.S. In fact, all branches of the U.S. military and NASA recently approved LASIK for their servicemen and women thanks to studies using iLASIK technology.

You're Probably A Candidate

The reality is that the majority of people who meet the age and general health requirements are in fact good candidates for the iLASIK procedure. There are some conditions that exclude certain patients, but whether you have nearsightedness, farsightedness or astigmatism, there's a good chance you can still have the iLASIK procedure.

If you meet the basic criteria below, you should call today to book your free evaluation:

- You are at least 18 years old
- You are in good general health
- You have had a stable vision prescription for at least one year
- You have no existing eye disease

Take The Next Step

Now that you've learned the basics about the iLASIK procedure, you should:

- Schedule a FREE complimentary consultation with our doctors to determine if you are a good candidate for the iLASIK procedure

Presbyopia Correcting IOLs (Multifocal IOLs)

Presbyopia is a condition that most people over the age of 40 experience that results in difficulty seeing up close without the aid of bifocals, trifocals, or reading glasses. The age-related condition is believed to be caused by a hardening of the lens inside the eye, making it difficult for the eye's muscles to change its focus.

Over time, the lens becomes cloudy and develops into a cataract. It is said that, if we live long enough, we will all develop cataracts. The only way to treat cataracts is to remove and replace them with an Intraocular Lens (IOL).

Until recently, the primary option was to receive a "fixed focus" IOL. Patients who received this type of IOL typically had both eyes corrected for distance vision but usually still required glasses for intermediate and near vision.

If you are experiencing presbyopia or cataracts, you may be a candidate for one of the new technologically advanced IOLs that can provide a full range of vision. This means that you can read and see clearly in the distance and everything in-between, with little or no dependence on bifocals, trifocals, or contact lenses. It's almost like having a bifocal or progressive lens inside your eye.

Depending on the technological features of these IOLs, they may be described as "Accommodating IOLs", "Apodized-diffractive IOLs", or "Multifocal IOLs". Each of these lenses has some advantages and disadvantages. Which one is best for you depends on the unique characteristics of your eye as well as your lifestyle needs. You and your doctor will decide together which lens is more advantageous for you. New England Eye Center offers many premium lens options including Crystalens, ReStor, Toric and others.

The vast majority of patients who chose a Multifocal lens report they can read a book, work on a computer, drive a car – day and night – and play golf or tennis with an increased freedom from glasses. Multifocal lens surgery can address cataracts, presbyopia and astigmatism.

Intraocular Lens for Astigmatism

Advances in Intraocular Lens (IOL) technology now provide a reliable and effective option for patients with astigmatism. Until the recent introduction of Toric IOLs, people who are considered candidates for intraocular lenses could only have their nearsightedness and farsightedness corrected during lens implant surgery. Patients with astigmatism would either require corneal refractive surgery (LASIK, PRK, or LRI) after lens implant surgery or the would remain dependant on glasses or contacts due to uncorrected astigmatism.

Astigmatism is caused by the cornea being more curved in one direction than the other, much like a football. Toric IOLs are specially shaped IOLs designed to offset the imbalance created by the irregular shape of the cornea. Once implanted and aligned inside the eye, they stay fixed in place, thereby eliminating pre-existing astigmatism.

New England Eye Center (www.MyLasikDoc.com)

A leader in Vision Correction in Boston & New England for 20 years, New England Eye Center is the Official Eye Care Provider of the Boston Celtics and the Ophthalmology Department for Tufts Medical Center & Tufts University School of Medicine. We have three board certified cornea specialists on staff that trains LASIK doctors from all over the world. We offer a Free LASIK Evaluation & 0% Financing for up to 24 months! Call us today at 617-636-7800 to set up a Free consultation or visit us online at www.MyLasikDoc.com .

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December 2011	Site
Thursday 1	Fenway Health
Tuesday 6	Whittier Street Health Center
Wednesday 7	Neponset Health Center
Thursday 8	Geiger Gibson Community Health Center
Tuesday 13	Bowdoin Street Health Center
Wednesday 14	Joseph Smith Community Health Center - Waltham
Thursday 15	Mattapan Community Health Center
Tuesday 20	Martha Eliot Health Center
Wednesday 21	The Dimock Center
Wednesday 28	Joseph Smith Community Health Center - Allston
Thursday 29	Bowdoin Street Health Center

January 2012	Site
Wednesday 4	The Dimock Center
Tuesday 10	Bowdoin Street Health Center
Wednesday 11	Joseph Smith Community Health Center - Allston
Thursday 12	Neponset Health Center
Tuesday 17	Roxbury Comprehensive
Wednesday 18	Whittier Street Health Center
Thursday 19	Martha Eliot Health Center
Tuesday 24	Bowdoin Street Health Center
Wednesday 25	Joseph Smith Community Health Center - Waltham
Thursday 26	Mattapan Community Health Center
Tuesday 31	Fenway Health

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- Our volunteers and partners in Boston for participating in a preventive HIV vaccine study.
- The opportunity to continue to fight against HIV.

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HIV VACCINE TRIALS NETWORK

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3

Saints-Falcons building mutual hatred

National analysis

Sean Payton hobbled back and forth, barking orders to his surprised but tolerant Saints. They understood how he felt, nervous, angry and ambitious. In huddles and simply on the snap count, the mighty Drew Brees resonated and almost growled.

Matt Ryan, Brees' opponent on Atlanta, took his typical, more sedated approach. But every so often, the cool facade would crack and he would join his teammates in their grudge against the Saints, who stole glory two years ago and seem to always be more respected.

The Falcons are resentful at their place below the Saints in the NFC South. The Saints, I suspect, are simply tired of Atlanta nipping at their heels.

These two teams don't hold the kind of blood-soaked grudge feud that the Ravens and Steelers do, but they's getting there.

FOOTBALL NATION

GETTY IMAGES

▶ Brees

ANTHONY KING

Tyler who? Chiefs QB a big unknown

With Cassel out, Kansas City turns to Palko ● Belichick, Patriots going back to preseason film ● Palko seen as athletic player with quick release

It was going to be a homecoming of sorts for Chiefs quarterback Matt Cassel Monday night when the Chiefs come to Gillette Stadium.

That is, until he suffered an injury to his right throwing hand, requiring surgery that will possibly end his season.

That means the QB duties are passed over to … Tyler Palko.

Not familiar with him? Neither are the Patriots.

Palko is 9-of-13 for 82 passing yards and no touchdowns for his career, spanning four teams. His only four career appearances came with the Chiefs this season and in 2010.

"He's a player we have to do some work on and spend more time watching him," Bill Belichick said. "We, of course, haven't seen a lot of him in regular-season game film. We can go back to preseason. I'd say an athletic player, quick release, can move around back there in the pocket, left-handed, and sees the field pretty well."

Palko finds himself in a similar situation that Cassel did when he took over for Brady in New England. Cassel and the Pats surprised a lot of doubters back then.

"Everybody wrote us off in 2008 when we lost Tom [Brady] and Matt [Cassel] led us to 11 wins," Belichick said. "We're playing against a football team, not just one player. We know that whoever they have in there, whether it's Palko, [Ricky] Stanzi or whoever it is, that we're going to have to play a good football team."

Palko, a three-year starter at the University of Pittsburgh, will go from career backup to Monday Night Football spotlight.

"He played well in the preseason for them and I think he completed over 60 percent of his passes in preseason," Personnel director Nick Caserio said. "He runs the offense, accurate with the football, can get rid of it [and] has an understanding of what they're trying to do."

GETTY IMAGES

▶ Tyler Palko will get start at quarterback for the Chiefs on Monday night.

On the air Monday

Kansas City at Patriots
8:30 p.m., ESPN, 98.5 FM

JIMMY TOSCANO
sports@metro.us

www.metro.us

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▶ Sveum

Is Sveum the guy for Sox?

The Red Sox managerial search continues.

One of the club's five finalists, Dale Sveum, reportedly met with the Cubs for a second interview. He is scheduled to meet with Red Sox brass today for a follow-up.

Sox GM Ben Cherington said yesterday at the GM meetings that there is a second candidate, besides Sveum, that will get a second interview.

'Happy for Pap'

Daniel Bard, who is expected to be the Sox closer in 2012, issued a statement yesterday on the departure of former closer Jonathan Papelbon.

"I'm happy for Pap as he's worked extremely had for this and he and his family will be missed in Boston," Bard said.

Bard served mainly as Papelbon's setup man last season.

METRO

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Lipitor	20mg	90	$475	$75
Namenda	10mg	100	$366	$75
Nasonex	50mcg	3	$365	$63
Nexium	40mg	84	$525	$89
Plavix	75mg	90	$593	$89
Singulair	10mg	90	$473	$85
Spiriva	18mcg	90	$726	$85
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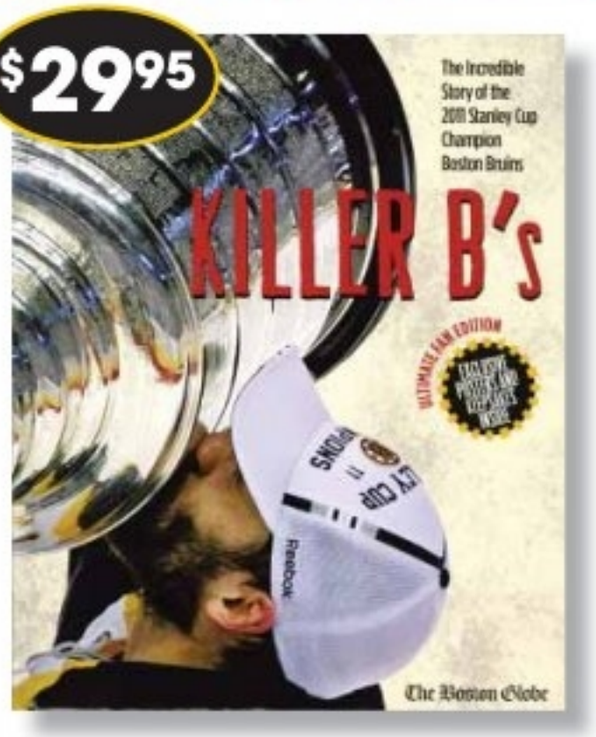

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In Today's News:

Why Everyone in Town Thinks Katie is Cheating!

TELL YOUR HUSBAND TO READ THIS NOW!

Is she or isn't she? The answer will shock you...

By S.W. Kenning, Health Reporter

NEW YORK; Something was different about Katie. The whole neighborhood noticed it. Suddenly, she had a spring in her step. An ear-to-ear smile all the time. And a confidence that made her feel young and sexy. **But Katie wasn't always so happy.**

HUSBAND LOST HIS DESIRE AND ABILITY

The problem was her husband, Bill. He just reached the Big 4-0 and **she was feeling miserable about her lackluster love-life.** Like a lot of men her husbands age, he had gone "soft." When it came to bedroom antics, he was limping to the finish line. It got so bad that when she turned off the light at night, he got a headache.

But something about Katie is different now. She was too darn happy. And her friends wanted to know why. "It has to be another man said her friend Chelsey. It had to be a torrid love affair. She had the look of a woman who was "getting it" regularly. So what could have suddenly made Katie perk up? Her friends HAD to know.

Mystery Man Revealed!

IS THERE ANOTHER MAN?

Her friends decided to take her to lunch and find out. The questions started the moment they sat down. "Did you win the lottery? Are you planning a vacation? And then the big one… You didn't meet another man, did you?"

"Well, I don't like to kiss and tell," she said coyly. "But I am doing it with a guy who would make any 25-year old guy jealous!" The women gasped. Who is he? What's his name? "Bill" she replied…"Bill? That's your husband's name!"

"You guessed it, that's who I'm doing it with". Who did you think I was referring to?" she asked with a laugh. Then she got serious. "I gotta tell you, my husband just found the secret to performing like a man half his age. I guess you can tell it's completely changed our lives," she gushed.

THE NEW "LITTLE BLUE PILL" (without the high price tag)

Katie was talking about **Trivaxa.** But it's not the same one you see advertised on TV.

It turns out that the famous blue pill works for only one-third of all men. It costs a bundle, as much as $30 for a single pill. And the worst part is, the warning labels say that you could wind up deaf, blind...or even dead. Yikes!

So what is Katie's husband's secret?

?NOBEL PRIZE WINNING DISCOVERY

Trivaxa is based on ground-breaking scientific research on erectile dysfunction. In fact, in 1998, the three scientists behind it shared a Nobel Prize for their discovery.

The key to getting Bill back in the saddle is nitric oxide. This chemical compound widens the blood vessels so blood flows more freely right into the penile chambers. Problem is, as you grow older your nitric oxide production decreases. It's hard to get hard.

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RECEIVER MAKES AN INDECENT PROPOSAL

Opinion

JASON McINTYRE
SPORTS@METRO.US

This weekend we had perhaps the coolest football player/cheerleader on-field moment since Boise State's Ian Johnson proposed to his cheerleader girlfriend.

Of course you remember when Johnson's Broncos stunned Oklahoma in one of the wildest bowl games of the last decade, but this week an NFL player scored a touchdown and ran to give his girlfriend — a cheerleader on the opposing team — the ball.

In the Bills-Cowboys game Sunday, the crowd was stunned by what went down, and the announcers, who apparently don't read sports blogs, had no clue what was going on.

David Nelson plays for the Bills. He's from Texas and went to the University of Florida. **Kelsi Reich** is his girlfriend, and she's a cheerleader for the Cowboys.

After Nelson scored he jogged down the sideline toward his girlfriend. The camera operator seemed to know what was up, but the announcers were clueless about the whole thing.

Reich hopped on Twitter on Sunday and showed everyone the ball, proclaiming she was the "happiest girl in the world."

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Quoted

"Reich proclaimed on Twitter on Sunday she was the happiest girl in the world."

Uninformed vs. 'fans'

I lobbied the editor of this space to get in a word about the lurid Penn State scandal. How can I not at least address what is the biggest scandal in the history of college sports? I'll try to be succinct in my two points on the subject.

There are two groups of people chiming in on this sordid tale: Those who have read the 23-page grand jury report (they're informed), and those who haven't (they're uninformed).

While the report is detailed, it does not include everyone's entire testimony. It did contain enough detail to press charges against former Penn State defensive coordinator **Jerry Sandusky** though.

At the same time, there are two other groups of people who feel compelled to talk about the topic: college football "fans" and people who have zero connection to the sport besides maybe having heard of **Joe Paterno** prior to the scandal.

A large portion of college football "fans," for whatever reason, find it hard to believe a coverup could take place. Most of these people have not read the grand jury report.

People who live in a world unaware that 107,000 people pack Beaver Stadium six or seven Saturdays every fall think everyone involved in the scandal — Paterno, too — knew what was going on and, disgustingly, did nothing.

*– **Jason Raj McIntyre** covers athletes off the field and runs the popular blog, The Big Lead.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 300-word submissions to letters@metro.us.

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Verlander wins Cy Young

Justin Verlander won the pitching Triple Crown by leading the American League in victories, earned-run average and strikeouts. To no one's surprise, now he's won the Cy Young.

He was the American League Rookie of the Year five years ago after helping the Tigers to their first World Series appearance since 1984 and now he is the AL's best pitcher.

Verlander was the unanimous winner of the award, getting all 28 first-place votes. The next possible award for the AL's top pitcher could be the Most Valuable Player, which will be announced next Monday.

"If you told me before the season that I'd be considered a lock for the Cy Young, I'd be thrilled. I'd be ecstatic," Verlander said on a conference call yesterday. "I would have never even thought about the MVP. But now, do I think it is possible? Yes. Would I love to win it? Of course."

Jered Weaver finished second with 97 points, James Shields was third with 66 points and CC Sabathia was fourth with 63. LARRY FLEISHER

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U.S Department of Transportation

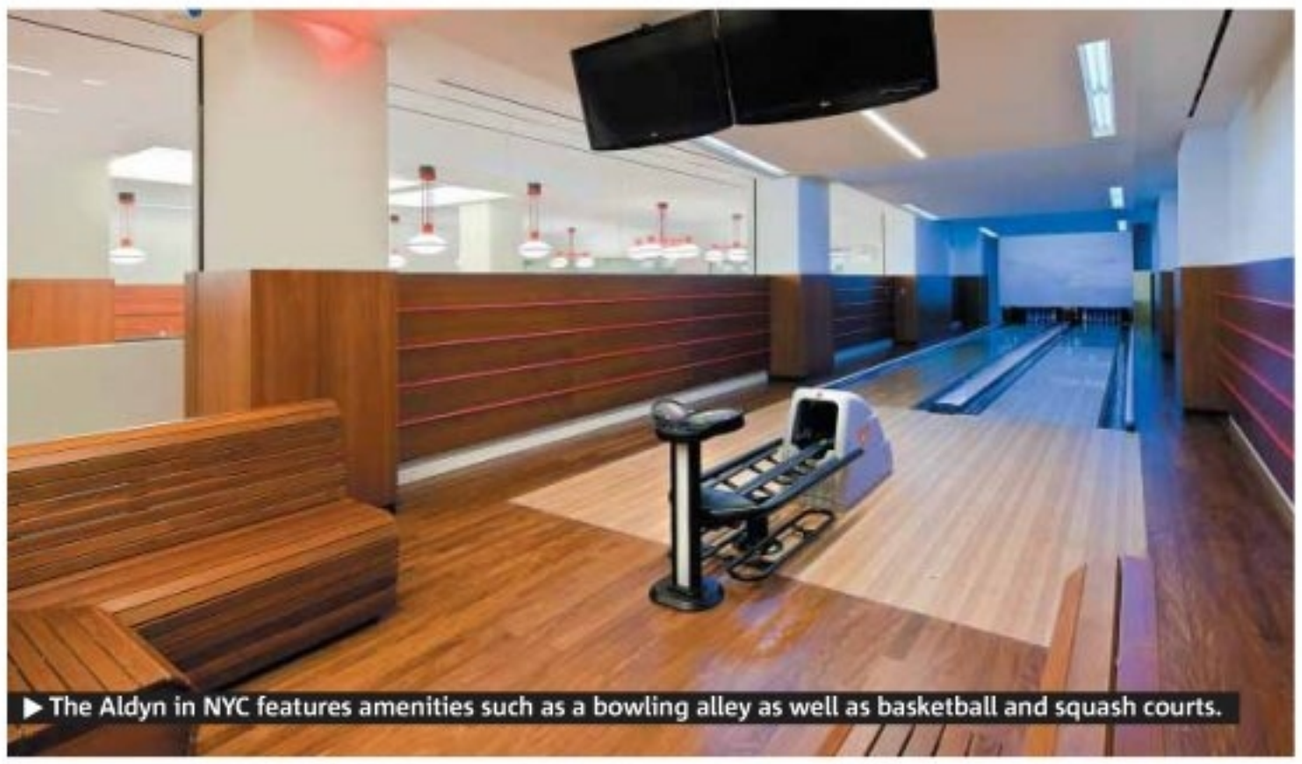
Photo by Michael Massimo

Ad Council

at home with metro

SUPERSIZE AMENITIES

Forget laundry, doorman or a gym – these days, a building isn't balling without a spa or rock climbing wall 'Generally, developments are going toward roof decks and lounges'


▶ The Aldyn in NYC features amenities such as a bowling alley as well as basketball and squash courts.

515 E. 72 ST.

▶ The gym at 515 E. 72 St. in NYC features a rock-climbing wall.

WATERFRONT SQUARE

▶ Philly's Waterfront Square residents get a view with their pool.

When it comes to condominium amenities, private luxury spas seem a long way from such basics as on-site laundry. But the past few years have seen spas become almost as normal an apartment addition as a fully stocked gym and swimming pool. In Manhattan, 515 E. 72nd St. opened its in-house Elements Spa in September, offering residents (and visiting friends and family) everything from massages to nail treatments. In Philadelphia, Waterfront Square features a luxury European Spa boasting treatment rooms as well a sauna and steam room. In Boston, 45 Province's Exhale spa is also exclusively for residents. Besides a spa, fitness facilities and heated pool, 45 Province offers valet parking, a screening room, fireside library and onsite Montessori pre-school.

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But the supersize amenities aren't stopping there. New York's The Aldyn has a bowling alley — plus basketball and squash courts, a rock-climbing wall and a golf simulator. Never mind the yoga, Pilates and other fitness initiatives onsite — all of which is exclusive for residents.

"Amenities have become the in-building entertainment," says Larry Kruysman, sales director for The Aldyn, which is part of Extell Developments portfolio. "People are looking for opportunities to socialize and experience quality time with friends and family."

However, Kruysman doesn't think huge facilities like the Aldyn will become the norm. "It made sense for Extell to do it here. We had the empty space and 700 apartments to share the expense and make it affordable for residents. Generally, developments are going toward studio and one-bedroom apartments with outside areas where residents can entertain friends, like roof decks and lounges. Smaller developments will remain the norm."

LINDA LABAN
linda.laban@metro.us

The cost

▶ Amenities are reflected in monthly common charges.

▶ **45 Province** has one-bedroom condos starting at at **$795,000** and monthly common charges are **$770**. Spa prices, however, are comparable to any commercial luxury spa: around **$125** for a 60-minute massage.

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NOW COMMUNITIES

▶ The NOW Communities' Concord Riverwalk development promotes energy efficiency and socializing with your neighbors, as evidenced by the close homes and outdoor neighborhood fireplaces.

The time is NOW

Energy-efficient homes come to Concord Riverwalk aims to put the 'neighbor' in neighborhood Developer: 'Priority was people and plants'

Property developers bandy phrases like "energy-efficient" and "community," but few go as far as NOW Communities has with Concord Riverwalk — which promotes social interaction while sparing the environment as much damage as possible.

"Our priority was people and plants," says developer Dan Gainsboro. "The goal when planning was walkability. Parking is deliberately away from the houses, forcing you to walk and interact with your neighbors. We located the mailboxes away from the homes, too."

Situated adjacent to the Assabet River in leafy West Concord on almost four acres of land, more than half of which isn't developed, these 13 smart, small-footprint homes look like a cluster of New England cottages set around a communal garden.

Ten homes are newly built, but the land had two existing houses that are being retrofitted. One dates from the 1950s and was sound. But the other was built around 1864 and was in bad shape. "There's very little left that can be used, but it's more energy-efficient to retrofit, so we chose to save what we could."

Other green/communal priorities include close proximity to a town center — West Concord is within walking distance — and to a commuter rail network.

The homes are equipped to be solar-powered for hot water and electricity. "If I'd fitted them for solar, I'd get one tax credit. But homeowners can claim several credits. One resident installed solar and her energy bill in July was 79 cents."

Though the project isn't entirely finished, it's already proving a hit with a wide demographic of home-hunters.

"We're finding interest from all age groups and situations," says Gainsboro. "That makes for a more sustainable community long-term."

LINDA LABAN
linda.laban@metro.us

▶ It's called a living room for a reason.

▶ Solar hot water? Check!

Live here

Unit 9 has 1,580 sq. ft., three bedrooms, two and a half baths, a fully finished basement, a garage and an outdoor parking space. Listing price: $650K. Listing agent: Kevin Balboni, Coldwell Banker, 978-505-2652. Open house: Dec. 10 & 11, 1 p.m. to 3 p.m. 1631/1641 Main St., West Concord, Mass. www.concordriverwalk.com

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15 yr jumbo	4.875	0.000	$164	20%	4.881
(C) 1172 River Street, Hyde Park, MA 02136					

Legend: The rate and annual percentage rate (APR) are effective as of 11/14/11. © 2011 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept.. (Loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of $105,000. Jumbo loans are based on loan amounts of $455,000. Points quoted include discount and/or origination. Lock Days: 30/60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $5.28 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 800-589-4636. To report any inaccuracies, call 888-589-4636. • http://metroboston.interest.com

Barbara Barry's newest collection

When you're finally ready to bid farewell to your futon, the new Barbara Barry collection for Baker is an ideal way to infuse some grown-up flair into your pad. Barry's new collection contains 62 pieces of furniture for the living room, dining room and bedroom — plus upholstery, mirrors, lighting and tabletop items in muted neutrals that fit into any dweller's decorative vision. Visit www.bakerfurniture.com or call 800-592-2537 to see more. METRO/MEREDITH ENGEL

Bloomfield Gardens

NEW AFFORDABLE RENTAL APARTMENTS SPRING 2012
NEW CONSTRUCTION – LEED SILVER CERTIFIABLE – NON-SMOKING BUILDING
455-475 GENEVA AVENUE, FIELDS CORNER, BOSTON

20 APARTMENTS AVAILABLE – 2-BEDROOMS, 1-BEDROOMS AND STUDIOS

# of Apts.	Type	Size	60% AMI Rent
4	Studios	500 Sf	$1012
2	1 BR	750 Sf	$1084
14	2 BR	950 Sf	$1300

Rent Restrictions Apply – Maximum Income By Household Size

HH Size	1	2	3	4	5	6
Income Limit	40,500	46,260	52,020	57,780	62,460	67,080

2 units have a preference for disabled households requiring accessible units. Up to 70% of the units have a preference for Boston residents. All apartments have a preference for households with at least one person per bedroom.

Apartment Features: - Heat & Hot Water Included - On-site Coin Laundry - Wired for internet service - Bike Storage - Parking Available - Mgmt. Office Nearby - Located across the street from the Fields Corner station on the MBTA Red Line

Applications Available December 5 – 16th
Monday 9 – 7, Tuesday – Friday 9 – 4, Saturday 9 – 1

Pick up at: Vietnamese American Community Center, 42 Charles St., Dorchester MA 02122
Return to: Cornu Mgmt. – 1460 House, 1474 Dorchester Ave, Dorchester MA 02122

All applications must be returned in person by noon on or postmarked by January 3rd, 2012. Initial selection will be held by lottery from eligible applicants. USE AND OCCUPANCY RESTRICTIONS AND INCOME LIMITS APPLY.

Information Meetings
December 5th 5:30 p.m., Vietnamese American Community Center, 42 Charles Street, Dorchester, MA 02122
December 12th 5:30 p.m., Bradley Properties, 342 Shawmut Avenue, Boston, MA 02118

MANAGED BY CORNU MANAGEMENT COMPANY, INC.

$HOPPING FOR THE BEST MORTGAGE OR REFINANCING DEAL IN BOSTON?

Mayor Thomas M. Menino invites you to attend

FINANCIAL ASSISTANCE WORKSHOP & MEET THE LENDER$!

Meet the Lenders is one-stop shopping for Boston homebuyers and homeowners!

Meet the Lenders is a two-hour networking opportunity to meet mortgage lenders, understand their loan programs and your purchase and refinance options.

Come early to attend our Financial Assistance Workshop and find out how to receive downpayment and closing cost assistance when buying a 1-3 family home or a condo in Boston, or up to $65,000 when buying a foreclosed home in certain Boston neighborhoods.

Particpating Lenders include:
Bank of America
Boston Private Bank and Trust
Citizens Bank
East Boston Savings Bank
Metro Credit Union
Mt. Washington Bank

November 17, 2011
West End Branch Library
151 Cambridge Street
Boston, MA
Financial Assistance Workshop
5:00pm - 6:00pm
Meet The Lenders - 6:00pm - 7:45pm

To register, call the Boston Home Center at 617-635-HOME (4663) or visit www.bostonhomecenter.com

The Boston Home Center
City of Boston, Thomas M. Menino, Mayor
Department of Neighborhood Development, Evelyn Friedman, Chief and Director

ADVERTISEMENT

REAL ESTATE ON THE GO!

FSBO – FOR SALE BY OWNER

By Attorney George Warshaw

It's tempting, very tempting. Sell your home yourself and save the broker's commission. But is it a false savings?

While people often underestimate the value of a good realtor, nonetheless, some homeowners have sold their homes successfully.

There are two parts of the FSBO process: marketing and legal.

Marketing involves finding a buyer and enticing your buyer to make an offer. Legal is about what's needed to complete the sale.

MARKETING. You have to know how to price your home. Pricing requires research, time, and going to open houses. That can give you a false sense of price if you only look at properties that haven't sold; i.e. they're priced too high.

You may list your property on FSBO websites, Craig's List, etc., but you've limited your market.

No broker is going to bring a client to see a FSBO and many potential buyers are leery of FSBO sales.

Try another approach! Don't try to save all the commission, just try to save half.

Act as your own real estate agent. Hold an open house. Send out announcements to local brokerages that you'll cooperate with brokers and pay a buyer's broker fee of xx%.

It may be a smart "savings" compromise.

Next week read the legal components of a FSBO.

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GWA

Attorney George Warshaw represents buyers and sellers of homes, condos and investment properties, prepares wills and trusts for inheriting real estate, and trusts that protect your children and pets. George welcomes new clients and questions at metro@warshawlaw.com.

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$10 OFF! YOUR PURCHASE OF $25 OR MORE.

VALID 11/16/11 'TIL 1PM. LIMIT ONE PER CUSTOMER.

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Excludes: Everyday Values (EDV), specials, super buys, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, gift cards, jewelry trunk shows, previous purchases, special orders, selected licensed depts., special purchases, services, macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Dollar savings are allocated as discounts off each eligible item, as shown on receipt. When you return an item, you forfeit the savings allocated to that item. This coupon has no cash value and may not be redeemed for cash, used to purchase gift cards or applied as payment or credit to your account. EXTRA SAVINGS $ APPLIED TO REDUCED PRICES. Purchase must be $25 or more, exclusive of tax and delivery fees.

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ONE DAY SALE PRICES IN EFFECT 11/16/2011. Our "Season's lowest prices" refers to Macy's winter season from November 1-January 31, 2012. Prices may be lowered as part of a clearance.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO $100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of $100; application must qualify for immediate approval to receive extra savings; employees not eligible.